

# A Game Model and Accompanying Session Plans

PATRICK KING

The bottom half of the cover features a series of horizontal stripes in alternating yellow and red colors, starting from a solid pink band that contains the author's name.

# Introduction

There are quite a few people that have been responsible, to differing degrees, for my journey in football.

Football was not my initial path.

Indeed, friends would often joke that I would try everything, as far as careers go and never pick one thing.

They meant it as a deriding comment, tongue in cheek, but as a put down all the same.

I personally saw it as a positive.

I didn't want to do something for the rest of my life that I was not happy with.

I have an inquisitive brain and a mind that can never calm down.

I am constantly forced to occupy my mind through fear of listening to its constant disquiet. I need something to drown out its incessant babblings and self-doubting comments.

Writing a book has been one way to do that. Now this has ended, I am not sure how to deal with my own thoughts going forward.

Maybe write another one...

Studying and having to raise two children have provided, for the last 4 years, a way to quiet the noise, but once the day is done and everyone in bed, the noise starts up again and I would turn, once more, to writing this book.

This book was as much intended as an aide memoire to myself as anyone else.

When I started writing I was solely concerned with categorizing and ordering how I wanted to coach the game.



To anyone who has more than a passing interest in coaching a sport, they will understand the near infinite amount of possibilities, connotations and scenarios that arise in any given practice, let alone game.

I needed to find a logical structure that brought some order to the chaos and allowed me to coherently communicate what was in my head, to my players and coaches.

The book grew from there and is a follow on from the book I wrote on Game Models last year.

The first part of this book is simply a logical flow of the 4 moments of the game:

- In Possession
- Negative Transition
- Out of Possession
- Positive Transition

These concepts are then fleshed out with details that try to engrain a style, manner, or philosophy of play on the coach and, in turn, the players.

The concepts are in depth and show possible scenarios, and how to deal with them, for each of the four moments of the game, but in no way is this an American football-style 'playbook'.

This book provides an overriding structure to which the coach must his personality and character.

The second part is a collection of session plans, over the course of a 3-month season (which is very common in North America where I now live) that can be repeated in all seasons.

The session plans relate, 100% back to the Game Model. Not one ounce of the session plans is superfluous to the main objective of the Game Model.

The session plans are almost universal in their application.

Some parts of the session plans would be a stretch for a U7 recreational team, and an Elite U18 team may require supplemental sessions to stretch those players tactically, but most of these sessions can be done by all levels of players, the key is for the coach to add or remove nuance as required by the group he is working with.

I believe in this Game Model and Methodology so much that I have rolled it out across my club and all coaches are now invested in delivering these sessions in accordance with the Game Model as a way of achieving a prescribed style of training and play.

I hope you enjoy the contents and as always if you have any feedback or constructive criticism, please let me know  
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# Dedication

It would not have been possible to write the book without the support of several key people.

**Alan Walker** of the Irish FA was my first ever FA tutor and opened my eyes to what it took to be a good and dedicated coach.

He was no bullshit, but a very kind man who helped me start my journey back in England some years ago.

He won't remember this because from what I know of Alan, he helps everyone, he is a born educator, but when I thought I had messed up on my FA Level 2 assessment and was about to quit the course, he gave me a talking to and provided incredible advice and insight in to what I needed to do to turn things around.

I was not a football player and I was surrounded by former and current lower tier pros and the environment was extremely intimidating to me.

He would also later help me when I needed to gain UEFA certification with the fantastic IFA.

I now live in the U.S. and travelling back to Europe 6 or so times a year is prohibitively expensive. Alan bent over backwards to accommodate me and help me get on to the UEFA course he taught in Ireland, and for that, and everything else, I will always be grateful.

**Ricky King** at New York Red Bulls, the former Director of Coaching there, switched me on to certain ways of looking at technical training that sewed a seed of curiosity that led me down a path of discovery with regards to technical training and skill acquisition in young players.

It has never left me, how important it is for any player to be as technically proficient as they can be, to make the overall team tactics work.

Ricky was a key part of that, he stuck to his philosophy in the face of cross examination and criticism and he was right to do so.

Technical training has not been a success just because a player can perform a beautiful 'Ronaldo Chop', it has been a success if the player knows when, where, and why to do it.

"Without technique there are no tactics".

My **Mum and Dad**, Pat and Patricia. I wouldn't have been able to do any of the things I wanted to without the help of both of you.

I have never wanted for anything. Anything.

You have always provided for me. Even now at the age of 38, I don't even need to ask if I need your help, it is always forthcoming.

I've always had your support on whatever venture I was involved with and moving to the U.S and coaching football was no different.

Your help and support have made everything possible, my marriage, my children and my life.

I can't thank you both enough.

I will always remember watching the Italia 90' Final with you both in our old front room in Custom House as I will always remember watching the Russia 2018 Semi Final with you in my new home in Arizona.

**Jess**, my wife. I love you.

I know you would likely rather be living in a Manhattan apartment with me working as a lawyer again, but here we are in Centerville, Ohio.

Thank you for coming in to my life. Thank you for agreeing to go on a date (tour of the Camp Nou) with a total stranger all those years ago.

Thank you for dealing with my moods, my anger and my frustrations.

Thank you for bringing my children into the world.

Thank you, for the anchovy, ricotta and jalapeño pizza. It's my favourite.

Thank you for being you.

You often have to deal with the children on your own in the evenings or weekends when I am coaching, after you have just walked in the door from a long day at work.

You sometimes have them for weeks on end on your own whilst I am away travelling with work or on courses.

I couldn't do any of this without your support and grace.

One day we will get to live in Barcelona, I promise.

Only You!

My Children, **Monkey and Charluccio**. My everything. My world.

You made writing this book way more difficult than it needed to be.

I don't know how many people write books with children sitting on their heads, screaming at them, throwing toys at them, nonstop bugging them to put on 'Paw Patrol' and then throwing a tantrum because it isn't the 'right' episode.

I wouldn't have wanted to do it any other way.

You are the entire world to Mummy and Daddy, Nanny and Grandad and Nonna and Poppa. We love you both so much, we don't know what we would do without you.

In the following pages are the Game Model and accompanying notes on how to implement it as well as explanations of key terms.

The Game Model is not intended to be a 'play book' or a dogmatic guide of how to play, rather it is an overriding structure with principles that should be followed when trying to engrain an expansive, possession and position-based style of play upon a team.

The coach will not lose himself or his identity in the Game Model, rather he will find it, take what he relates to and ignore the rest until such time as it is relevant....maybe.

The Game Model should serve to help the coach structure his practices in a logical order, but not only this.

The Game Model is the starting point for planning your season, and the next few seasons beyond that.

A coach must work backwards from the game of football itself when planning and forming tactics.

The coach will, by the time he becomes a coach, have an idea of what kind of football he wants to coach and his players to play.

The Game model codifies this into one document.

From this, the coach should plan his sessions and know how he is going to coach on game day.

Practices should be 100% related to the Game Model.

There is no point in having a Game Model and then running superfluous practices just because the coach on the next field is doing so, or because you saw a really great session on the internet.

If it doesn't apply to your Game Model directly then don't do it.

This is a dominating principle of Tactical Periodization (a topic I am also toying with the idea of writing a book on).

For example, if you have no players over 5 feet tall and you only use short corners in a game, then there is no point spending time practicing attacking long corners during the week.

There are more directly-related practices you could be doing.

Sessions that actually feedback in to your Game Model and style of

play.

This is a crude example, but you get the principle.

Once the coach has a clear idea in his head of his Game Model, and a well-planned out, structured, organized and related set of session plans at his disposal, he is already way ahead of most coaches and now it comes down to things like understanding, motivation, dedication and a willingness to 'self-develop'.

Now, let's get into the preamble of the Game Model itself.

## Terms and principles relevant to the Game Model

This game model is predicated on one overarching principle and its supporting components, **Positional Play**.

Without embracing this, and skipping right to running the practices, a coach can never fully appreciate the nuance that make one coach more successful than another.

The entire Game Model is underpinned by this principle which can take even the best coaches a life time to 'master'.

**Positional Play** or, in Spanish, **Juego de Posicion** (JdP).

Once the coach has a good understanding of JdP, then he will start to understand that this Game Model, and any other, is not rigid in its application and instead becomes more about the team and players within it understanding how a particular brand of football should be played and how certain principles of play should be applied.

This approach is a rewarding one, but it is infinitely more work than say 'situational' training where players recognise a limited number of

situations and try to 'rehearse' set responses when they encounter them.

If coaches and players can understand and embrace the principles of JdP first, then it will totally free them to be able to understand the game as a whole, not just compartmentalised moments of it.

Think of it as becoming '**unconsciously competent**' as opposed to being '**consciously competent**'.

Once a coach has achieved this level of 'Zen', the game truly is his to master as any situation is comfortable for them as a clear and understood set of principles can be applied to the problem, and a solution worked out.

This is different from a coach and team practicing scenarios that they 'hope' will occur yet which might never materialise in a game, or the expected scenario is slightly different, and players do not know what to do. They can't figure it out for themselves.

## **Positional Play/Juego de Posicion (JdP)**

*Positional Play or Juego de Posicion (JdP) is a way of playing that presumes a structural discipline and advantage over the opposition when in possession and is vital to being able to successfully implement this Game Model.*

*The team with the ball constantly tries to put its players in positions that negatively affect the opposition, that they cannot ignore otherwise they will suffer. The two biggest tenets of positional play are that, 1, the team in possession looks to give the ball to a player in behind a line of defensive pressure and 2, that they give the ball to a player who is relatively unopposed.*

Without it, this Game Model fails.

If the team in possession is properly organised using the following key concepts of JdP then, all players being equal in technique and



speed of thought, the team that is better set up should be able to win the game.

Marcelo Bielsa once said "If football was played by robots, I'd win everything." The point is well taken with this Game Model in so far as if two teams of equal ability were to go head to head, the one that has a better positional structure would win.

The 3 main components that are essential, in implementing a JdP style of play, are the following;

## 1) Positional Superiority

**Positional Superiority** is being set up so as to be able to receive and use the ball with time and space even though the team may not currently have **Numerical Superiority**.

For example, when building out against a high press, one might be presented with a 3v3 scenario which is **Numerical Parity**, but through attaining **Positional Superiority**, the team in possession can compensate for this.

Receiving the ball **in between the lines or even behind a defensive line of pressure** is often a sign of **Positional Superiority**.

The eternal quest is for the team to be set up for a player to be able to **receive the ball in space with no direct opponent in front of them** to hinder their progress:

- Receiving in **between the lines** of defensive pressure
- Receiving in **behind the last line** of defensive pressure
- Receiving in a space where the nearest line of defensive pressure is **not currently an issue**

This 'receiver', with no direct opponent, is known as the **Free Man**.

Just by being positioned or 'spaced' in a certain way (**structure**), the possessing players can make it much harder to be marked or

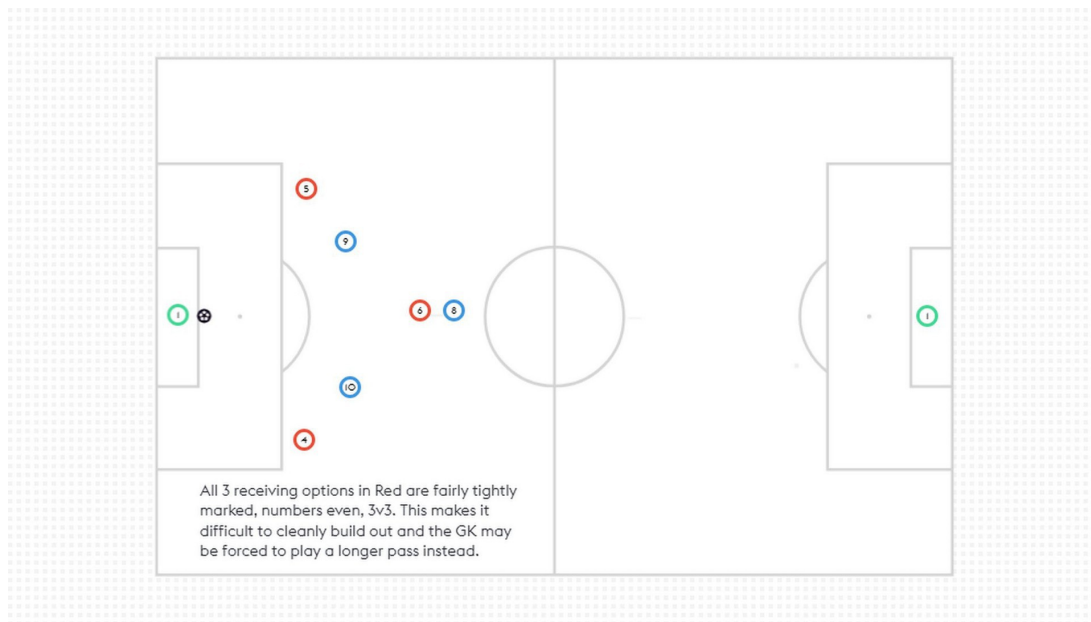
defended, even though the number of players involved may have stayed the same.

This means that defenders are forced to engage where they ordinarily would not have done, due to the offensive structure.

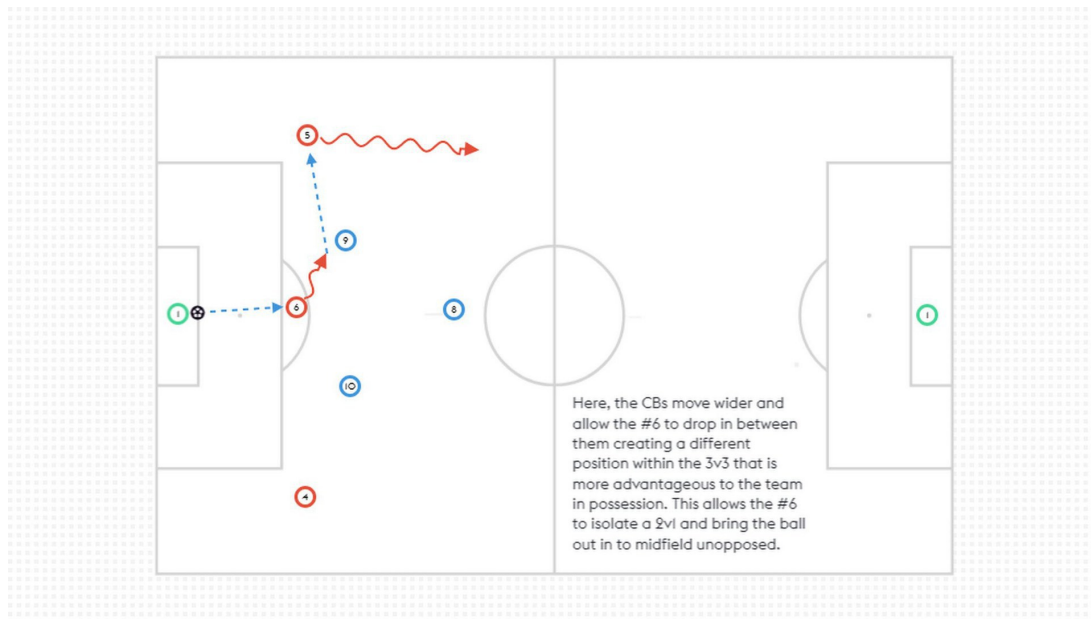
When defenders engage, if we are set up properly, it will lead to the creation of a **Free Man**.

For example, in the following diagrams, the 3v3 scenario remains a 3v3 but simple movements and a rearrangement of the structure have created **Positional Superiority**.

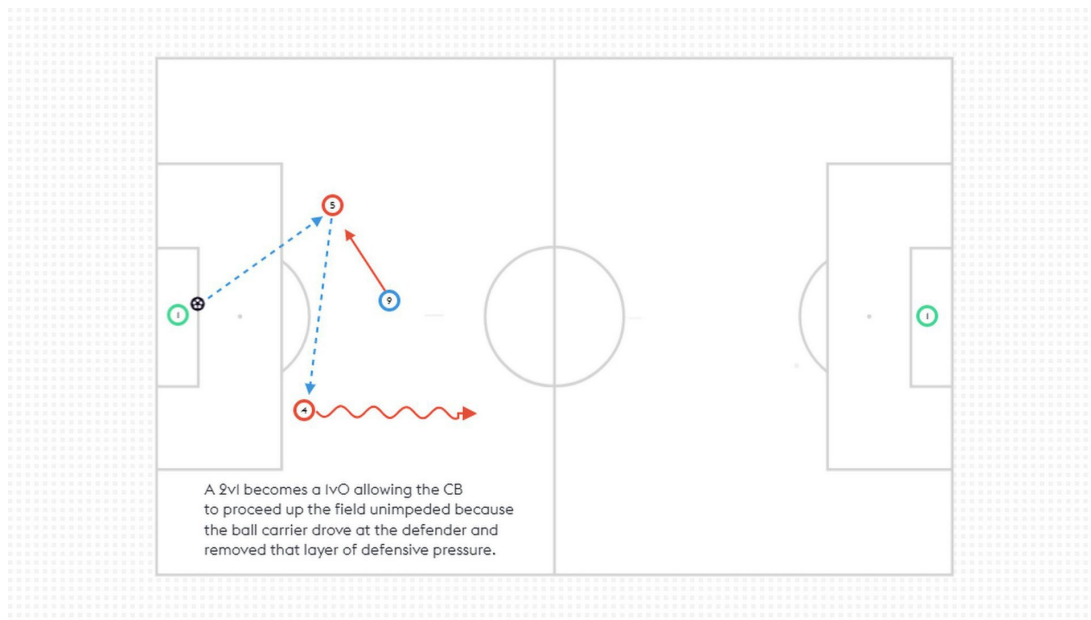
**A 3v3 at the back, with seemingly not many options to build out.**



**Here we have the same numbers, but Red #6 has dropped in between the two CBs to create Positional Superiority even though it is still numerical parity which created the Free Man elsewhere.**



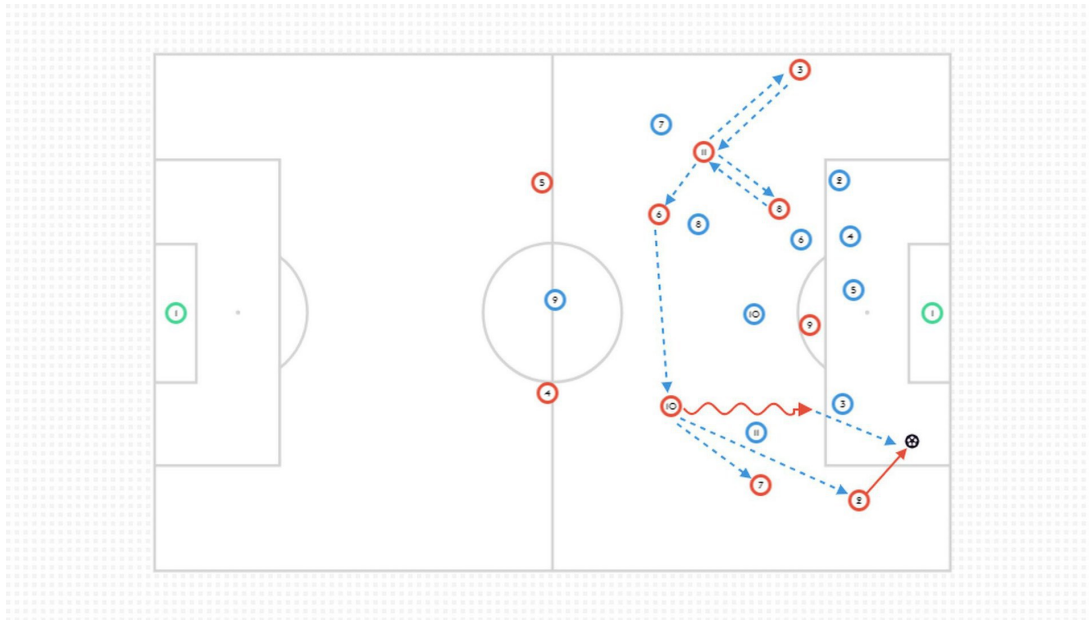




Another way to generate Numerical Superiority is to maintain possession in a key area of the field, attracting more and more players towards the ball (overloading) only to then quickly switch play to another area and find the **Free Man** (isolating).

This only works if the Free Man has maintained his sense of **positional discipline** and stayed wide and open, resisting the temptation to also be attracted to the ball.

**The defenders have been attracted to the ball (overloaded) and the Free Man (Men) have stayed wide for the switch (isolated) here in a 3v2 on the right-hand side of the field.**



### 3) Qualitative Superiority

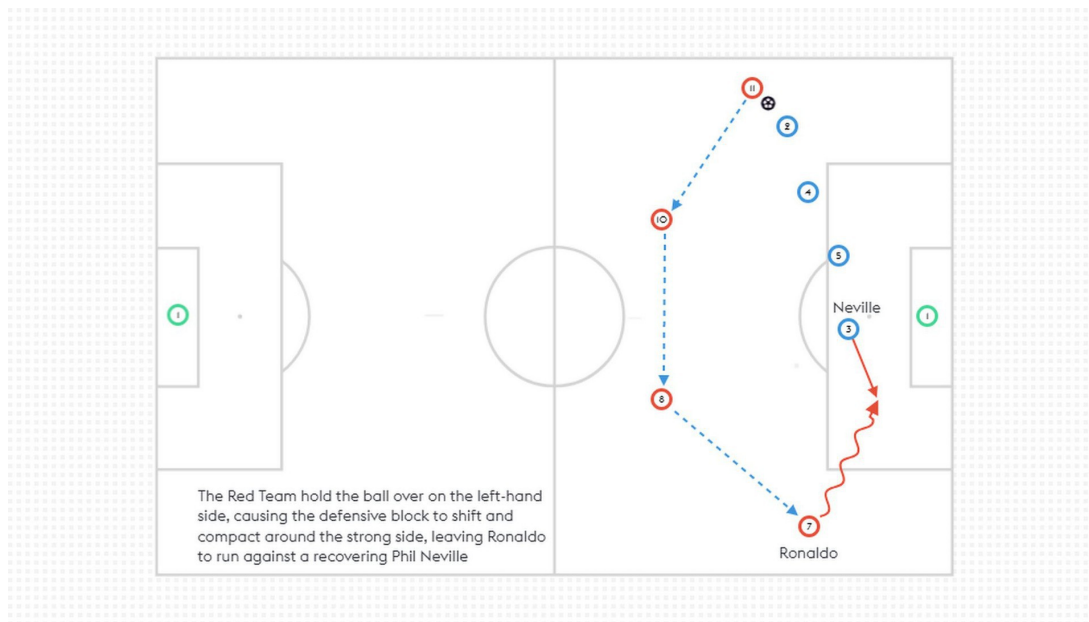
Qualitative Superiority is the final principle of JdP.

This is as simple as manipulating the game so that your best attacking players are running at the opposition's worst defensive players whilst unbalanced and scrambling to recover as often as possible during the game.

This principle flows from the previous two:

- Positional Superiority
- Numerical Superiority

**Here we see play has been manipulated to get Ronaldo running at an unbalanced & recovering Phil Neville.**



## Supplemental Principles

We have briefly discussed the 3 main components of playing a JdP style of game, and these will be looked at in more detail throughout this book, but also vital to playing in this style are the following principles which should always proliferate both the style of play and a coach's thinking when it comes to session planning.

Just having a basic structure is fruitless and play can become static, predictable and boring. It must be supplemented in its execution by using the following principles:

### **Dominating Individual Possession.**

With 75% of 1v1 scenarios being twists and turns, rather than straight 1v1 scenarios where the pressure is in front, it is exceptionally

important that a coach has players that are highly proficient in all types of 1v1 scenarios, dealing with pressure from all different angles, as the Game Model is predicated on ball retention and breaking lines of pressure.

Unskilled players and those not able to keep the ball when pressured will cause this style of play to fail.

1v1 scenarios can occur all over the field, with any angle of pressure and are not always offensive in nature, often manifesting themselves in defensive turns when a player is looking to maintain possession of the ball rather than risk playing a pass that is not really on.

These kinds of 1v1 scenarios, although not flashy, are vital to being able to hold and circulate the ball whilst team mates take this time to offensively organize properly. Without this possession play is not possible.

However, success in offensive 1v1 scenarios are also essential to this Game Model and it would be very difficult to penetrate, break lines of pressure or score without them.

So, if we know that a huge part of the Game Model depends on being able to maintain possession of the ball under pressure then we can really start to understand how important it is for players to be competent at keeping and using 'individual possession'.

Now that we understand the importance of dominating differing types of 1v1 scenarios that occur so frequently in games, we would expect coaches to focus on the following kind of technical development in their sessions in order to be able to implement and deliver this style of Game Model:

- 1v1 – **pressure from the front** (shoulder feints & scissors etc.)
- 1v1 – **pressure diagonally from the front** (Maradona etc.)
- 1v1 – **pressure from the side** (stop starts & step overs etc.)
- 1v1 – **pressure from the back** (shielding & holding off etc.)
- 1v1 – **pressure diagonally from the back** (Ronaldo Chop etc.)



- 1v1 – **pressure with momentum vs pressure with no momentum** (defensive turns vs attacking moves)
- 1v1 – **pressure or no pressure** (possession v penetration)

We can summarize 1v1 scenarios thus:

- Individual Possession
  - Defensive or 'possession maintaining'
  - Attacking or 'line breaking'.

Both are essential.

## **Dismarking**

Dismarking from a defender cannot have its importance over stated.

Without it, it is impossible to receive the ball with enough time to use it with purpose.

Players need to make space for themselves.

In physical environments, players usually receive close attention from defenders which can make it impossible to pass to them or at least for them to receive with purpose.

Dismarking from a defender is a great way for an attacker to create space for himself to receive the ball with time and space to affect the game.

Once the player has dismarked, the defender will either follow him, or remain compact. Both of which offer advantageous options to the team in possession.

The dismarking movement from a player must become automatic and habitual and is the responsibility of the coach to ingrain in to **every player in every practice**, in the same way that he might reaffirm 'head up' or 'checking shoulder' all the time, regardless of the day's topic.

The dismarking movement is different from a straight-line check to the ball.

Firstly, checks are fast, aggressive and draw the immediate attention of the defender because of their dynamic nature. They are easy to notice.

Secondly, checks are often towards the ball, positioning the receiver with their back to goal, which is not an ideal position when looking to maintain possession and receive with purpose as they cannot clearly see what or who is behind them.

Thirdly, checking to the ball often reduces the space to play in as two offensive players are now much closer together and easier to mark.

The peeling motion of dismarking 'circles' the player outside of the tackler's radius and does not need to be an aggressive movement, it can be a 'drift' which can, therefore, go unnoticed allowing the receiver to orientate his body to be able to see much more of the field, where the ball is coming from and where it might go, as well as having time and space to receive it.

**Receiving with purpose** is important.

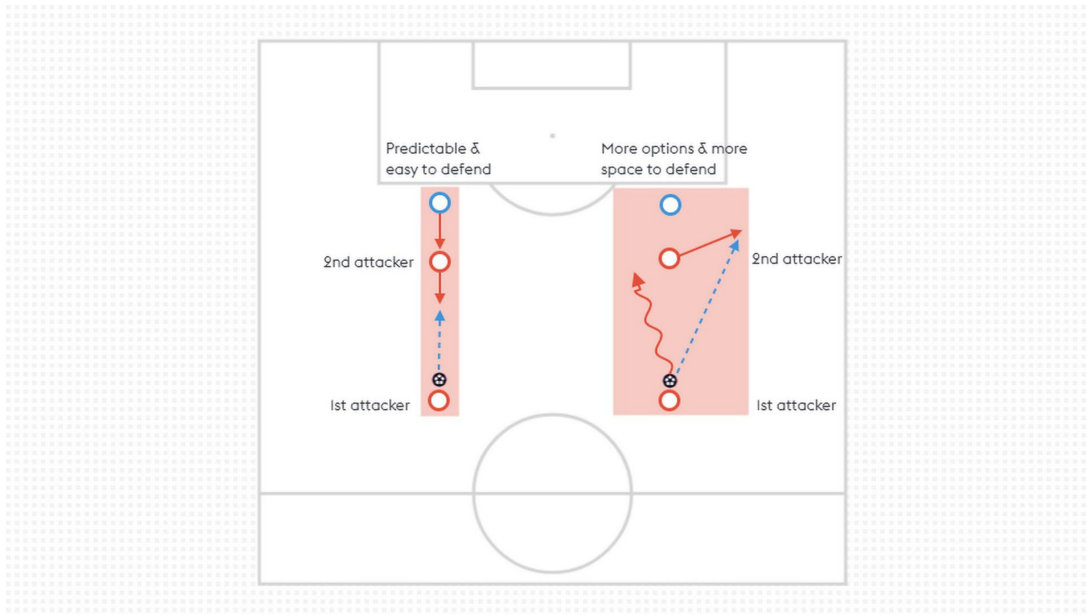
For a player to receive with purpose he must orientate himself to be able to positively use the ball once he has received it.

He will move and orientate his body to create time and awareness of what is going on around him so that by the time he receives the ball, he already knows what he *might* do next, instead of receiving and then deciding.

'Going Dark' is a method of dismarking that involves the receiver moving in to a position behind the defender (blind side) so they are now unaware of the receiver's movements as they are focused on the ball.

This involves the player peeling to the opposite side of the defender to the ball as pictured.

## A player checking vs a player dismarking.



Dismarking must happen constantly.

The search for **Positional Superiority never ends** and it is this constant struggle to lose the defender or 'go dark' that helps create time and space all over the pitch.

## Scanning

Scanning (checking your shoulder) is a habit that should become automated from a very early age. The best players in the world will scan their environment once every couple of seconds (perceive) so that they can decide what to do (conceive) when they receive the ball and they can make their footballing action (execute) extremely quickly.

Speed, in soccer, kills.

The **diagonality** of dismarking is important as it provides for Numerical Superiority.

For example, if the receiver checked straight towards the ball, then the one defender could follow him and easily cover the both attackers.

By dismarking on a diagonal, the defender has at least three decisions to make:

- Stay still
- Go and press the ball (1<sup>st</sup> attacker) or;
- Follow the dismarking player (2<sup>nd</sup> attacker)

This slows down the defender's decision-making processes as well as providing him with the difficult task of dealing with Numerical *and* Positional Superiority (defending a true 2v1).

The diagonality of dismarking also allows the team to advance up the field by passing.

Each player dismarks and, if successful, can take as much depth as they can get away with behind the pressing defender (going dark).

If this chain continues with the next player, the team in possession advances, fairly risk free, up the field and safe in the knowledge that if a receiver is to be pressed from behind then he will have seen it coming because of his body orientation and be able to simply drop the ball back to be circulated.

In the below diagram we see how this may manifest itself in a game.

Here the CB drives in-field to engage the opposition midfielder. Red #8 recognizes that it is his man that is about to become engaged and dismarks from him on a diagonal and, in terms of where the defender ends up, behind him on the blind side so he cannot identify his movement (going dark).

This player now must orientate his body on the **'half turn'**, before he receives, to be able to see more of the field including the passer and then any intended recipients and defenders.

The next players then may look to continue the chain.

It is important, for the principle of dismarking, that the player who 'should' dismark, recognises his responsibility to maintain Positional Superiority.

For example, in the graphic below, Red #8 dismarks, because the Centre back (Red #5) is engaging his marker.

This is very simple but absolutely something that can and should be practiced in both pattern play and JdP activities.

CB drives in-field to engage the opposition midfielder. Red #8 recognizes that it is his man that is about to become engaged and dismarks from him on a diagonal and, in terms of where the defender ends up, behind him so he can not identify his movement (going dark).

Often teams will not give the ball to players on the extremities of the field through fear of them being isolated against the touchline and possession turned over.

This is somewhat of a waste of possession as it allows the opposition to 'disregard' these players which in turn allows them to defend much more narrowly, compactly and be generally well set up to defend.

They can form a compact defensive block whose internal structure is not stretched as they are not being shifted around horizontally or disorganized by being probed vertically.

All of this makes the defenders job much easier than it should be. In order to overcome the defensive block, it is necessary to **test, stretch and probe** the defence by giving the ball to players who are under pressure and players who are up against the touch line and trust in their technical ability to handle the ball (see the section on Individual Possession) to ensure that the ball is retained.

If the opposition can ignore the flanks and defend more 'narrowly' then they will take away any Numerical or Positional Superiority in midfield from the offensive team which makes it virtually impossible to break down or penetrate their defence. In short, the team in possession will always be outnumbered.

By playing the ball to wide and vertical players (who are or are not under pressure) the offensive team can move and shift the defensive team left, right, up and down whilst searching for openings **(probing)**.

This means that the defence must be on top of its game all of the time, being extremely organised and having great communication as they are moved and shifted all over the field, to try to prevent gaps and holes appearing in their internal structure.

When they inevitably do appear, the possessing team looks to exploit them.

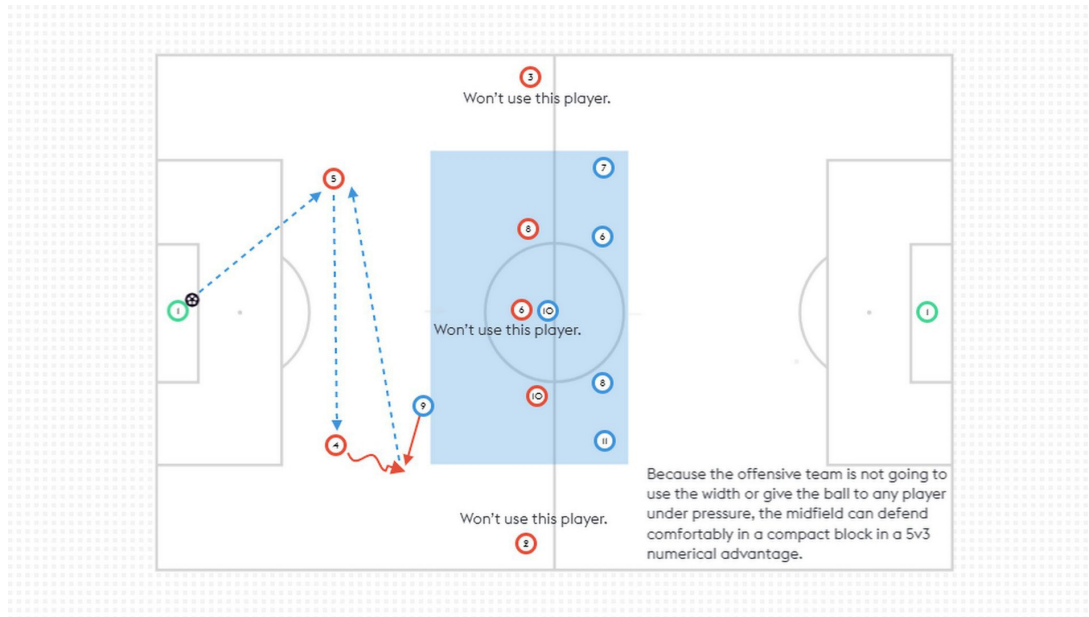
Not every pass or every dribble has to be decisive. They don't all have to lead to goals. But they do have to have thought and intention behind them.

In modern football, circulation (possession-based football) has become fashionable but everyone agrees that circulation (possession) for the sake of it, is meaningless.

Circulation with the purpose of shifting the defence around, attracting the defenders 'here', so that space opens up 'there', is the

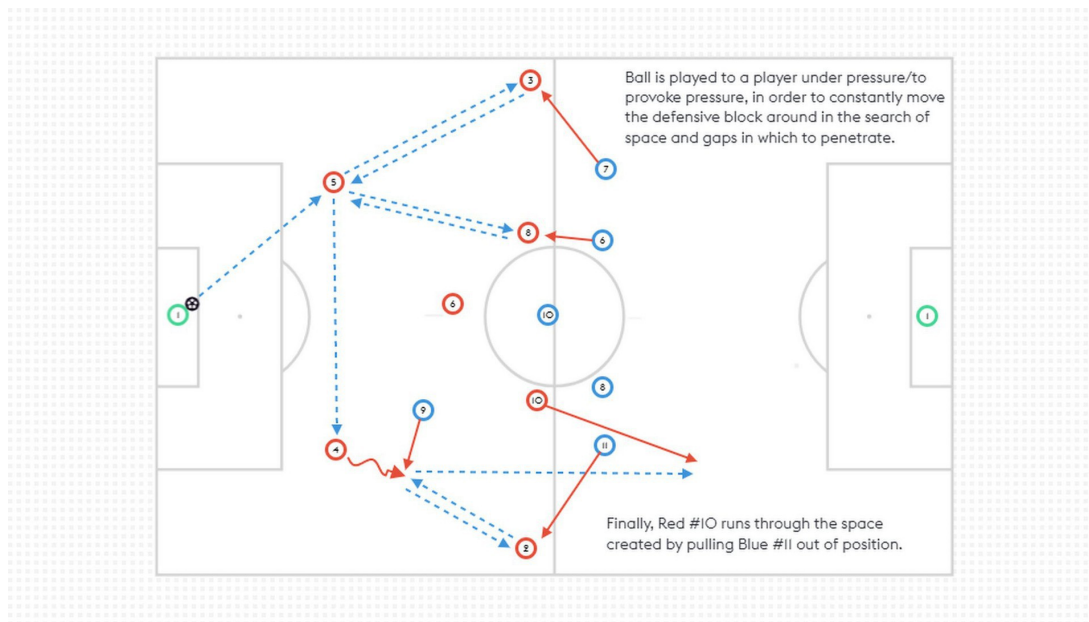
name of the game.

## **How a lot of teams will possess the ball, ignoring the extremities and players under pressure.**



**Here we can see the team has decided to use the width & players that are under pressure and have started to move the defensive unit around, creating a hole in which to penetrate.**





A big component of circulating and probing is, what is known as, a **Takeover**. It is a way of maintaining circulation of the ball when the ball is near the touchline that prevents the circulation from becoming flat and predictable if no clear options open up.

A takeover is actually what happens if nothing opens up but immediately before this the ball carrier and receiver on the flank try to shake things up, provoke a defender or generally see if they can create some movement.

If this does not happen, then the **takeover** will occur.

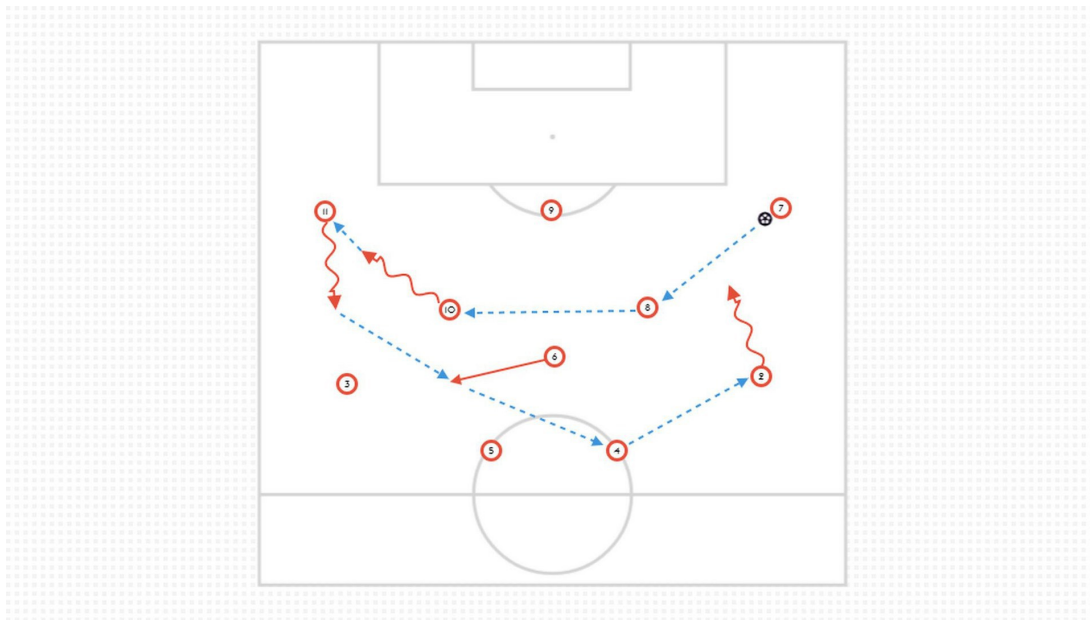
The **takeover** is the ball carrier dribbling towards his team mate on the wing (this goes against the usual rules on taking your player's space) and passing or laying off the ball to him at the last minute and almost 'switching places' which leads to the new ball carrier coming back the other way with the ball.

In the following diagram the Red #10 passes to Red #11, perform a **takeover** and these two players virtually switch places. Red #11 then plays to the supporting Red #6 and the circulation seamlessly continues.

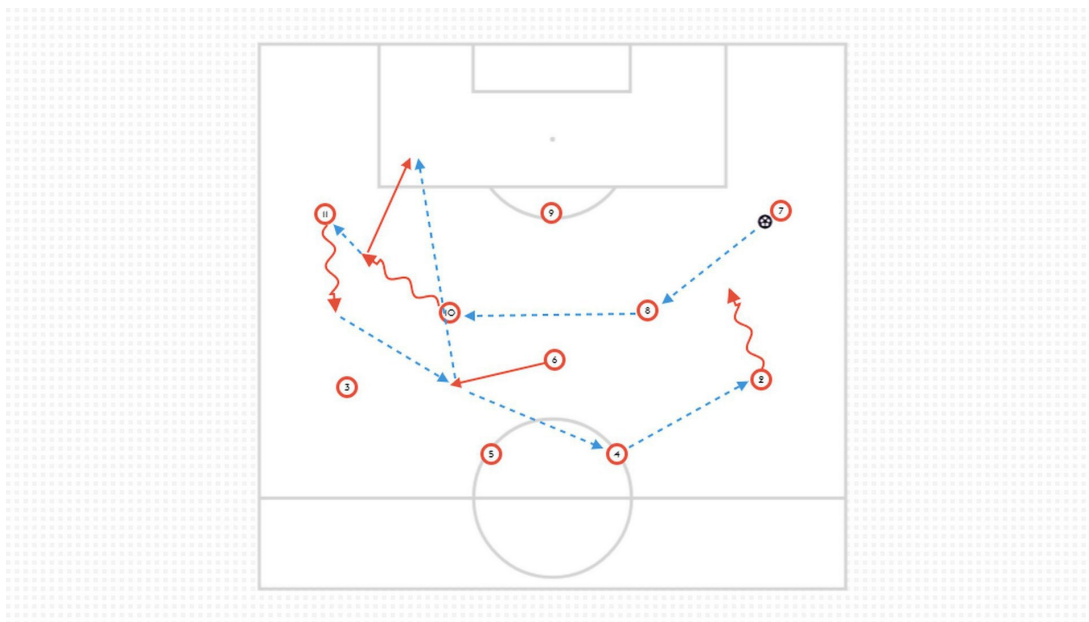


Spain's back and midfield lines used takeovers a great deal in the 2018 World Cup to try to provoke engagement from defenders when circulation has become sterile and defensive teams were screening and sliding instead of engaging.

**Red #10 & Red #11 perform a takeover to maintain ball circulation.**



**Here the same pattern occurs but now the Red #6 finds a first time pass to the Red #10 who carried on his run forward.**



## Diagonality

Complimenting the principle of '**circulation and probing**' is **diagonality**.

Essentially, the players look to try to stagger themselves on diagonal angles from the ball and, at the same time, reduce the number of players that occupy the same vertical and horizontal planes (try to have no more than 2).

By doing this, receivers become harder to mark because they are not receiving with their backs to the opponents, they are on the 'half turn' so they can see more of the field and the opponents which makes their decision making, and technical executions much faster.

By staggering themselves at diagonal angles, the players also help to create a **Numerical and Positional Superiority** because now, instead of 1 defender being easily able to defend 2 attackers, 1 defender finds it much more difficult, if not impossible, to do so.

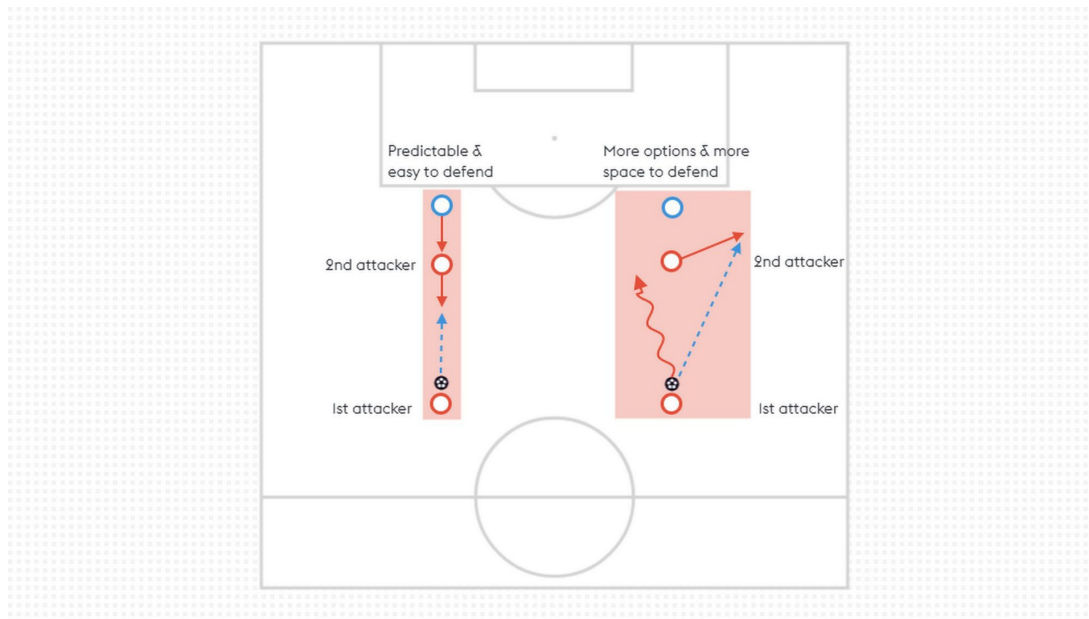
Diagonal staggering allows the 2<sup>nd</sup> attacker to receive the ball in behind a defender (going dark) which makes it much less likely that a defender will press (through fear of being played around) giving

the possessing team more **time and space** to play, simply by being well organised.

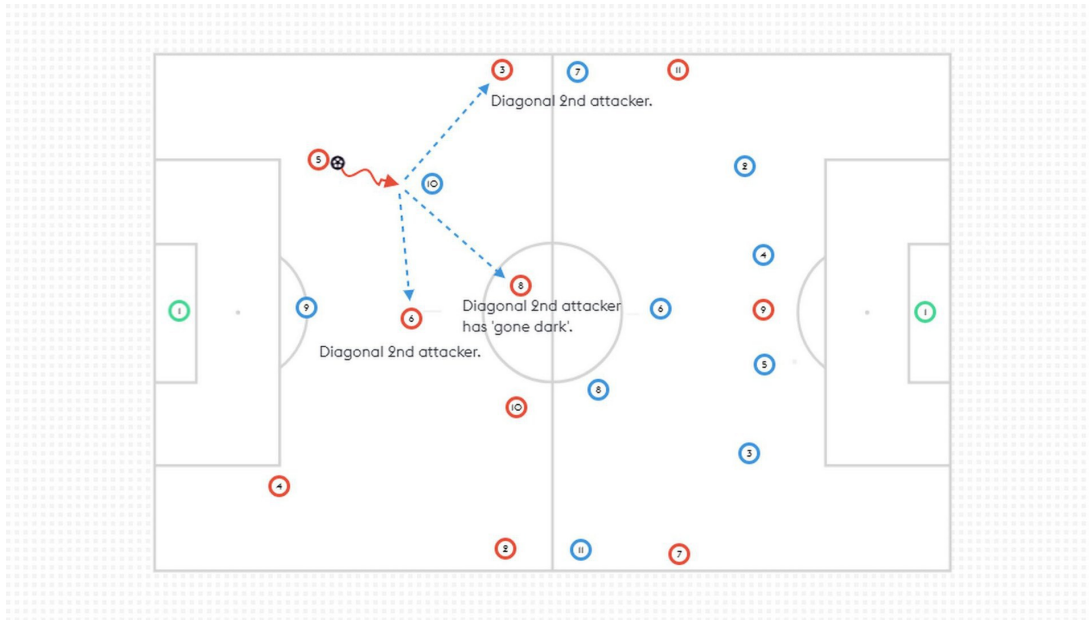
This is unpredictable and harder to defend. The defender now has a choice to make:

- Stay still
- Go and press the ball (1<sup>st</sup> attacker) or;
- Follow the dismarking player (2<sup>nd</sup> attacker)

**An example of diagonality compared to receiving a straight pass and how it effects maintaining possession.**



**Players staggering themselves to receive on the diagonal and 'go dark'.**



# The Free Man

The Free Man is a very simple concept.

It supposes that, by moving the ball and organising offensively in a certain way, there will be, at some position on the field, an offensive player who is **not directly opposed** by a defensive player who can therefore receive and move in behind a line of defensive pressure or receive in behind the line of defensive pressure.

Find this player and give him the ball and he will be able to advance the ball relative to his position on the field.  
Sounds simple? Well it is the eternal search of many football coaches and unfortunately, it is not as easy as it sounds.

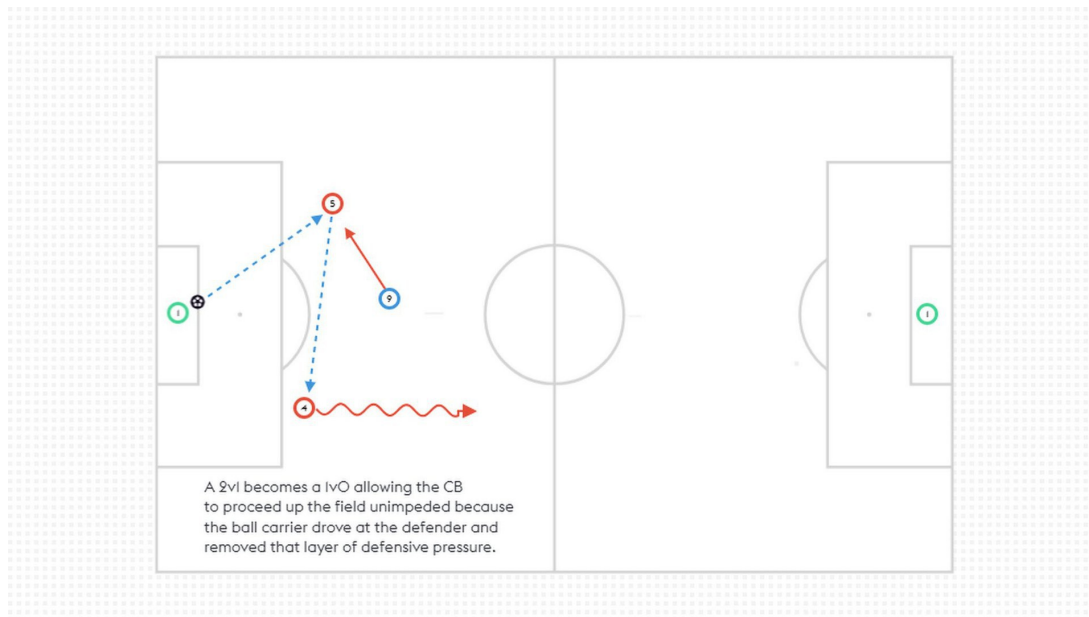
The most common way of creating the **Free Man** is to attract the defenders to one area of the field whilst one or more players maintain their width, depth and positional discipline in another.

The ball can then be moved to him **quickly** to prevent the defence from reorganising.

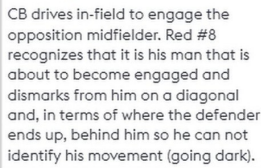
The **Free Man** can also be generated through smart movements of the 1<sup>st</sup> attacker, pulling the defender out of position.

The reason that the eternal search for the **Free Man** is so important is that this player will have time and space on the ball to be able to dictate play and cause disruption to a defence which now has to quickly scramble to defend him, rupturing their defensive organisation as they do so.

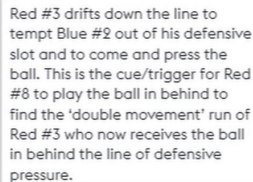
**The Centre Back bringing the ball out, attracting the defender towards him and releasing the Free Man.**



**The Centre Back drives in to midfield & engages a defender. The midfielder recognises this & dismarks from his defender to become the next Free Man, receiving the ball in behind a line of defensive pressure.**



**behind the line of defensive pressure.**



# La Salida Lavolpiana

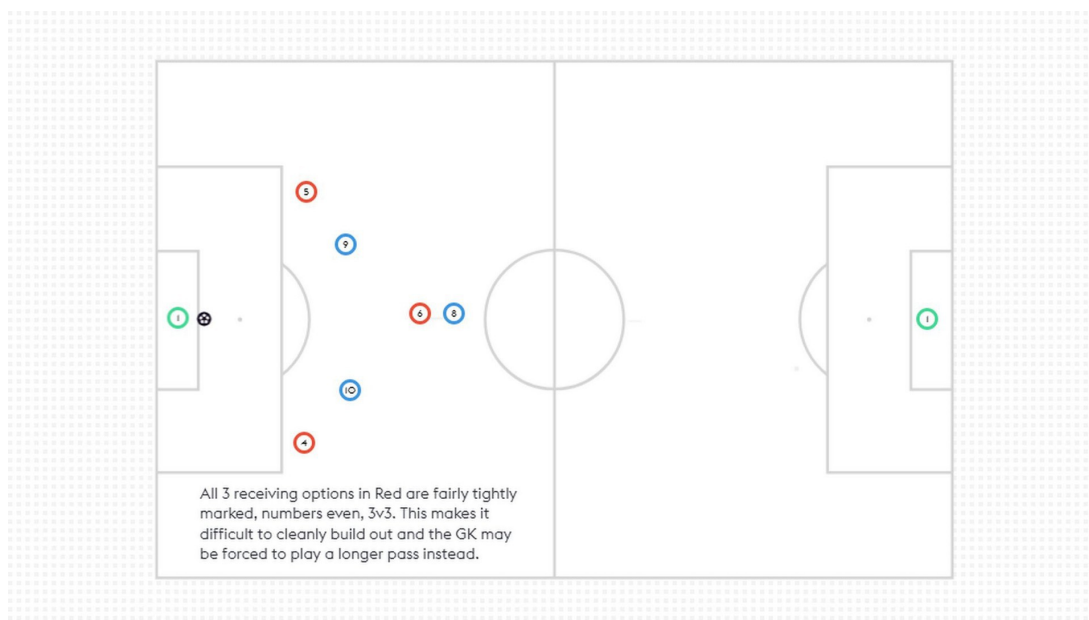
La Salida Lavolpiana is a tactic widely accredited to the famed Mexican manager, Ricardo Volpe, which involves the #6 dropping in between the two Centre Backs, when in possession, creating **positional superiority** to allow them to play out against a press.

This is often used when the two Centre backs are being pressed and the #6 is also receiving tight pressure from behind.

The #6 moves in between the two Centre backs (who now move wider to accommodate him) meaning the 'back three' can now play out from the back with less pressure and more success.

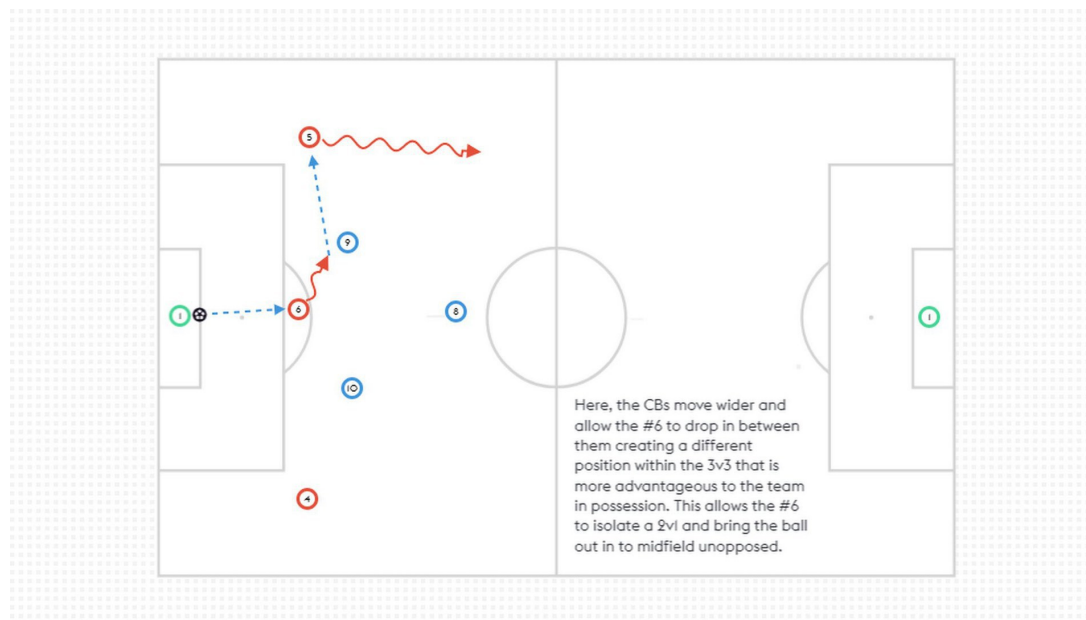
There are correct times and situation in which to use this tactic, which will be explained later on in the Game Model, but for now, it is enough to say that this refers to the movement of the #6, dropping in between the Centre Backs to make a 'back three'.

**The Centre Backs & the #6 are evenly matched up (3v3) with the pressing players. Each Centre back is being pressed & the #6 has pressure from behind which makes it difficult for him to cleanly receive.**





**The simple movement of the #6 in between the two Centre backs allows the 3 players to play out more comfortably isolating a 2v1 on the left-hand side, releasing the Free Man.**



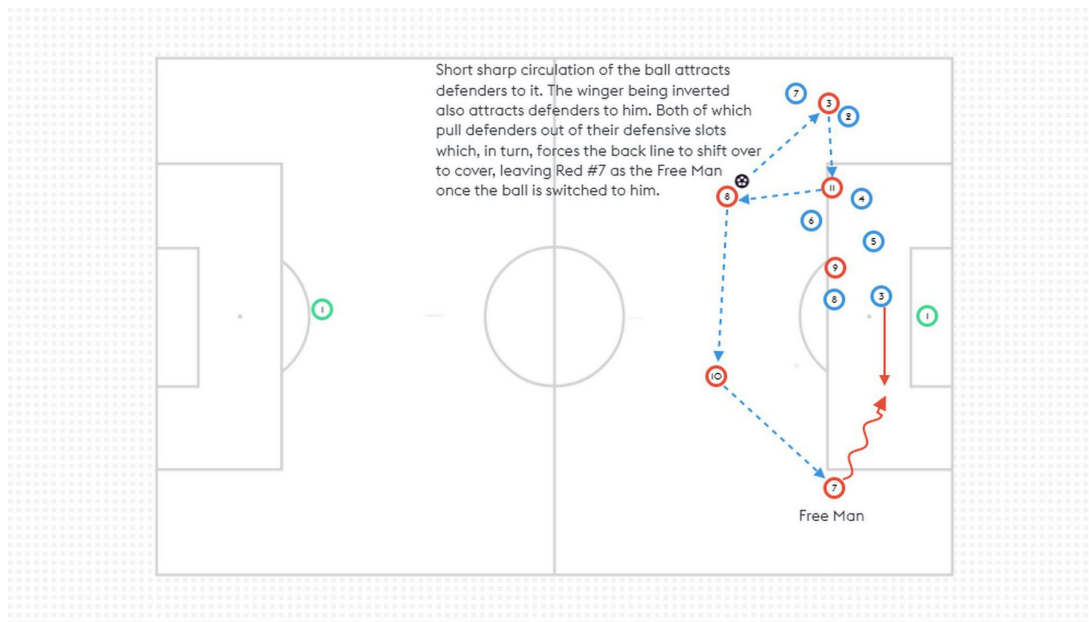
## Switch of Play

The benefits of moving the ball around have already been briefly discussed in '**circulating and probing**' but can be expanded upon here.

By holding the ball in one part of the field for an extended period of time, the defensive players will become attracted towards the ball in large numbers (**overloading** that area) and the team in possession, once they have recognised the triggers and cues that signal this is happening, can look to move the ball to another area to find the Free Man and get him running against a low-numbered and recovering defence (**isolate**).

**Here we see the ball has been held on the left (overload) to generate a 1v1 with the Free Man against a recovering defender on the right (isolate).**





## Bowling-Up

Bowling up is to create offensive depth when in possession.

This is one of the quickest and easiest things to fix as well as being one of the most important principles to adhere to in order to be able to play in the style of this Game Model.

It is by far one of the most **common occurring errors** in team shape that one will see in football.

The shape that the back four must adopt, in order to be able to circulate the ball, is referred to as '**bowling up**'.

The back line must recognize the moments to drop off from their opposing players, giving themselves enough time and space on the ball to be able to comfortably receive and handle the ball (**receive with purpose**) and then to move it across the back four, being able to switch the ball from side to side, circulating it, searching for an opening.

Anecdotally, ask yourself this; as a coach, how often do you work on playing out of the back? The likely answer is that this is something you work on a great deal in practice as it is the basis of any attacking platform.

However, how successful is your team at playing out under pressure in a game?

Furthermore, examine the amount of success when compared to the amount of time put in to training it.

What does your success ratio look like then?

For example, if you spend 15% of all practices, working on beating full backs 1v1 down the line, then you would expect to be pretty good and confident in these situations.

But let's look at the same amount of time spent playing out of the back.

If you were to spend 15% of your practices doing this, then one might fairly assume that you would be able to move the ball up to half way, under pressure, with some degree of success, but this is not the case for most teams.

Why?

More often than not, it is as simple as the lack of offensive depth.

### **Bowling up.**

Simply put, the back four have not adopted the **correct shape** or right amount of **depth** when trying to circulate the ball.

They tend to come up naturally as the ball is being moved, in order to support, over and underlap and make moves beyond the ball.

How many times do you see the Centre back move the ball to the Full back, only to overrun the Full back on the underlap hoping to get the ball back?

But guess what happens?

The Full back gets stuck between the touch line and a defender, so he has to drop the ball back off to the same Centre back that just gave him the ball.

The Centre back has now overrun the ball and finds himself desperately scrambling to get back to create the depth to give himself the time and space he needs to be able to comfortably receive the ball, assess his options and play the pass.

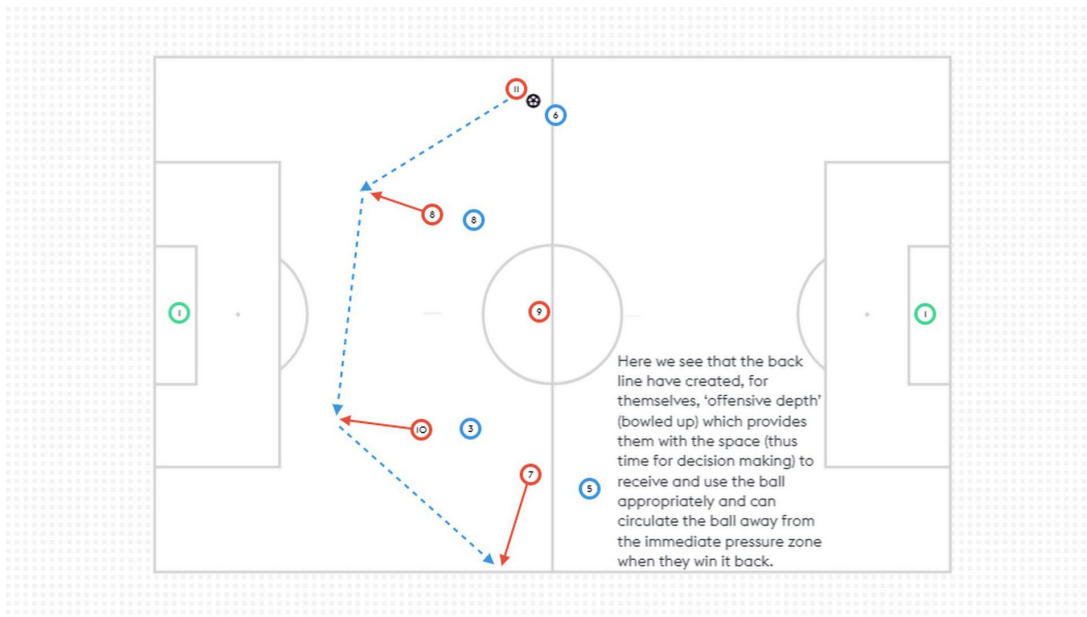
Too late. Ball lost.

Instead of instinctively looking to underlap his Full back, he should actually drop-off when he plays the ball to the Full back, which goes against everything that is taught in combination play and wall-pass type movements. "Give and go", "get in behind them".

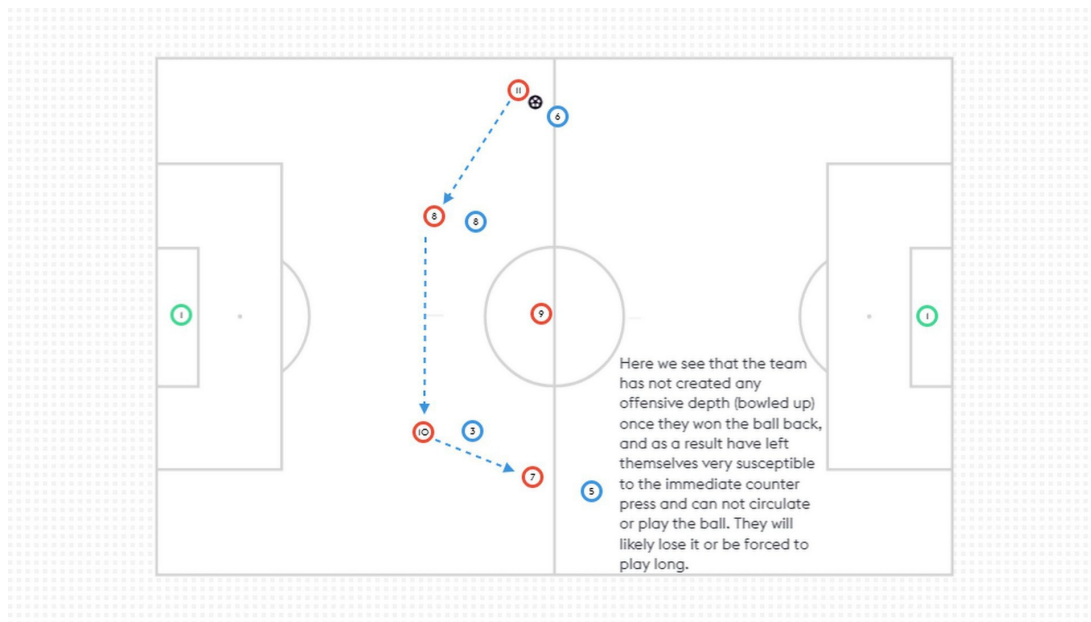
This is 'bowling up' and it cures many a defect.

Why is it called '**bowling up**'? Well, no other reason than a friend and former colleague of mine calls it that because, in his opinion, it looks like the shape of a bowl (fair enough) and also it is a quick trigger that both he and his players can throw at each other when required, being quick to say and equally quick to understand.

**Red #11 player wins the ball back, instantly his team know to 'bowl up', giving themselves time and space to receive and move the ball.**



**The Red team have not bowled up so every pass (and decision) is made under pressure with less time and space.**

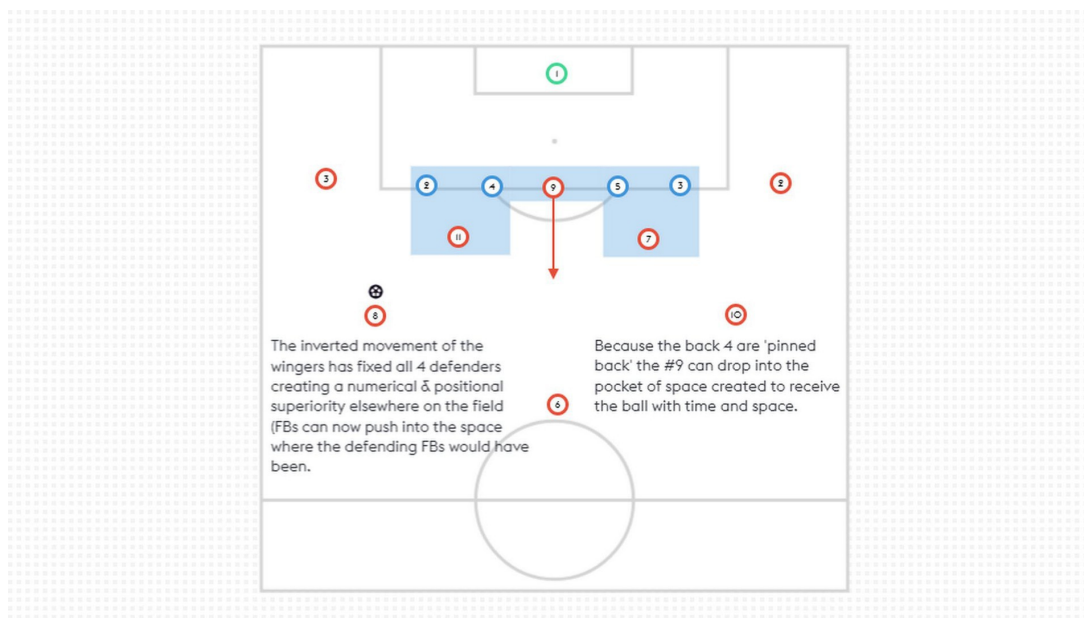


## Inverted Wingers

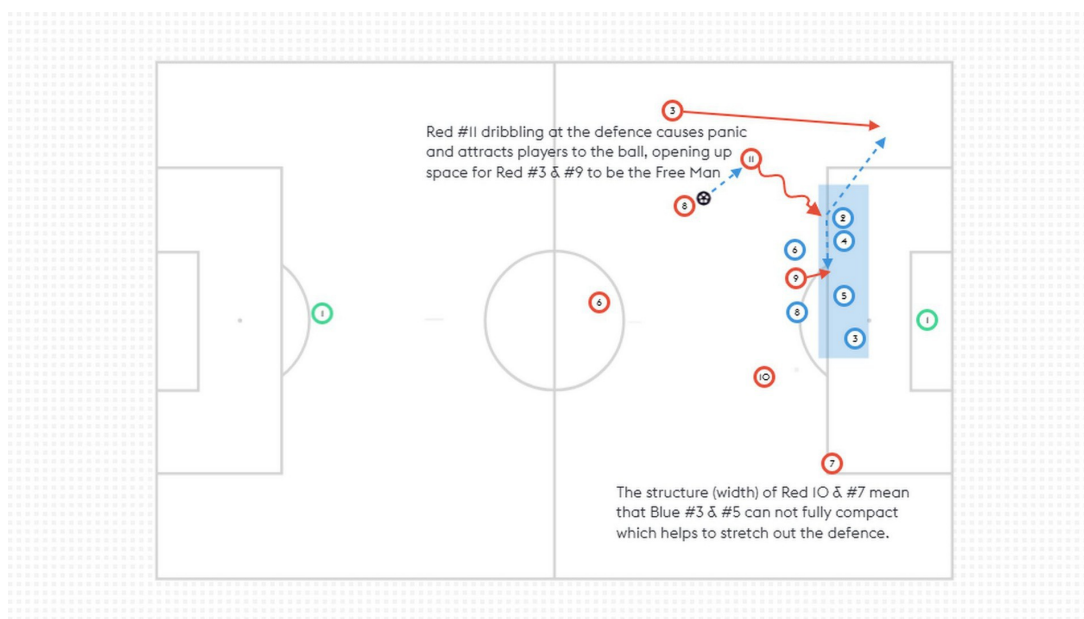
Inverted wingers are vital to playing this style of football in a couple of ways:

- **Without the ball** – without the ball they overload the midfield, which helps with ball circulation and fixing defenders in place and also draws away the defending Full back from the flanks, allowing our own Full back to take up a relatively **unopposed position**, high and wide, making himself the **Free Man**.
- **With the ball** – with the ball the winger can dribble inside on an angle, totally **disrupting the internal structure of the defensive block**, pulling multiple players out of position (because of the angle of the dribble) and freeing up other players by attracting their defender to him. This also allows the attacking Full back to take up a high and wide position becoming the **Free Man** again.

## The Wingers Invert without the ball, overloading midfield and fixing the defence on them.



## The Winger inverts with the ball (dribbles) and disrupts the defence creating two Free Men, the #9 and the Full back.



## Advanced Full Backs

**Overlapping** Full backs or Full backs that have taken up an **Advanced, high and wide** position, **with or without the ball**,

are another key factor in being able to play an expansive style of football.

From a structural point of view, they take a page out of the purist's book of JdP as they stretch the play, they fix defences and, if ignored by defenders, they can receive the ball in behind the ***last*** line of defensive pressure.

Without having Full backs in these advance positions, it is not possible to truly play in accordance with JdP or this Game Model.

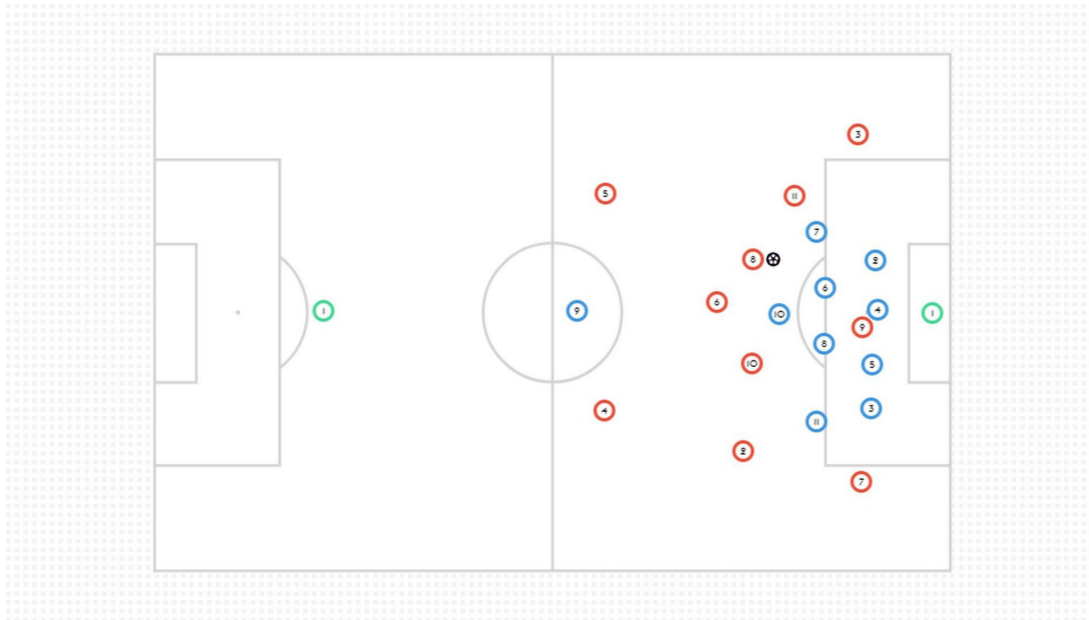
There are also defensive advantages of having high Full backs, which might not be apparent at first.

The constant threat posed by them may discourage the opposition Wingers and Full backs from pushing on as high as they might ordinarily do if they know that they must constantly chase back 60, 70, 80 yards to track our Full backs when they lose the ball.

Full backs can be advanced in two ways;

- **With the ball** - overlapping & underlapping and running at defenses, creating 2v1 overloads etc., or
- **Without the ball** - positioning themselves higher than the winger, fixing the opposition Full back and Centre back with the possibility of receiving the ball as the **Free Man**.

**Here the Full back doesn't overlap per se, instead adopts an advanced position to fix & stretch the defence.**



## Full Back Pivot

When a Fullback is unable to get himself into an advanced position, due to tiredness or to the distance of the players ahead of him, then he can take up a supporting position, known as a **pivot**.

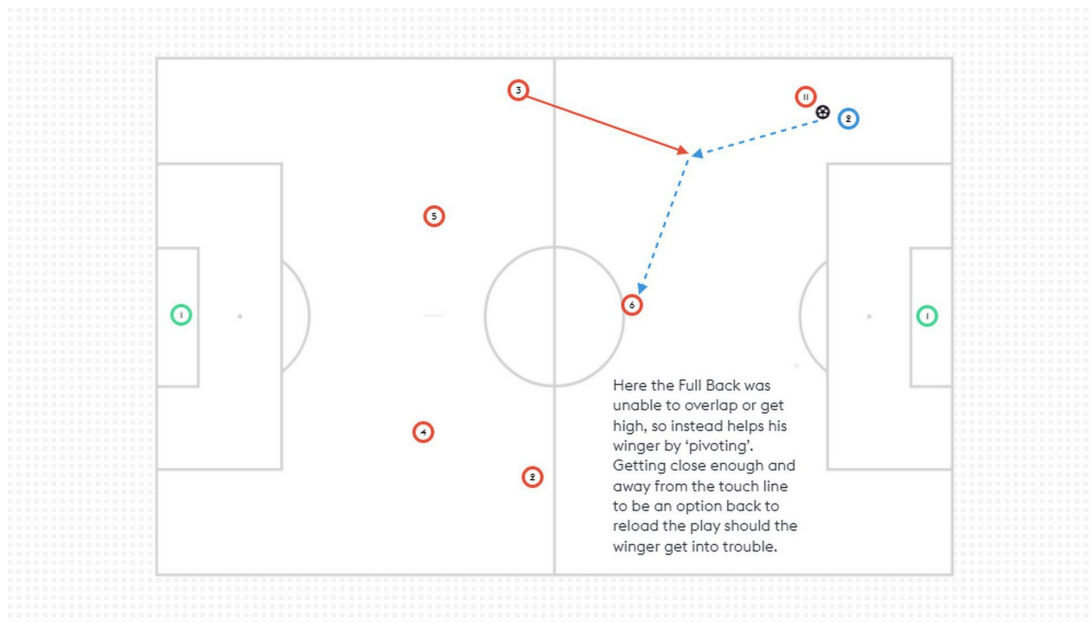
Pivoting allows him to still contribute to play should the ball carrier be forced to come back and circulate the ball.

The pivot position means that he can help the team to **maintain possession of the ball**, without forcing the player ahead of him to take on the defender 1v1 in a situation where he may not be successful.

The positioning of the pivot is **away from the touchline** and deeper than the ball. It should give him time and space to receive the ball and circulate it to his team mates.

**The Fullback is too far back to get into an advanced position, so 'pivots' instead.**





## Defensive Relay

There are times when the team has a lot of players pushed forwards in offensive roles, which has the effect of leaving the team unbalanced and **potentially vulnerable**, defensively.

In situations like these it may be appropriate to perform a **defensive relay**.

These **defensive relays** can happen all over the field with any player, regardless of positions, but a typical example would be where:

- The Winger performs a defensive relay to cover his corresponding Full back who is in an advanced position.
- The #6 drops in to perform a defensive relay if both the Winger and the Fullback have pushed on and left themselves exposed.

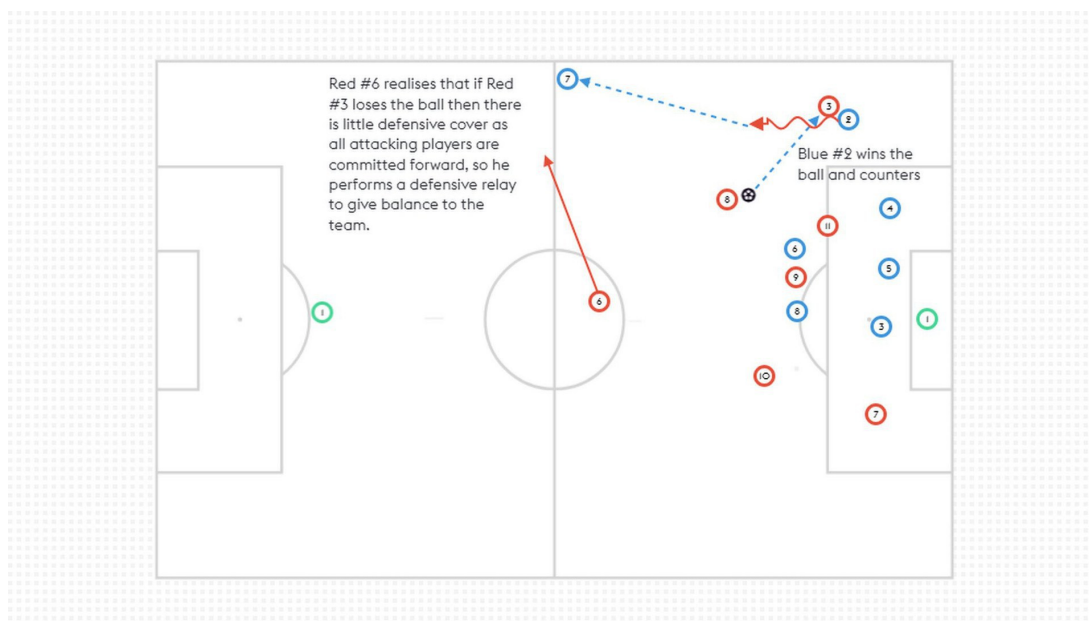
These players do not react defensively when they have lost the ball, instead they recognise the dangers of losing the ball, **whilst they still have it**.



They recognise and understand that if players have started to commit forward, then they leave themselves vulnerable IF the ball is lost.

The players recognise the possibility of this **before it has happened** and may start to take up defensive positions in anticipation of it.

**The Fullback is in a very advanced position, the #6 recognises the potential vulnerability and reacts, performing a defensive relay, to cover it.**



## **Give & Go/Wall Pass/1-2 Pass**

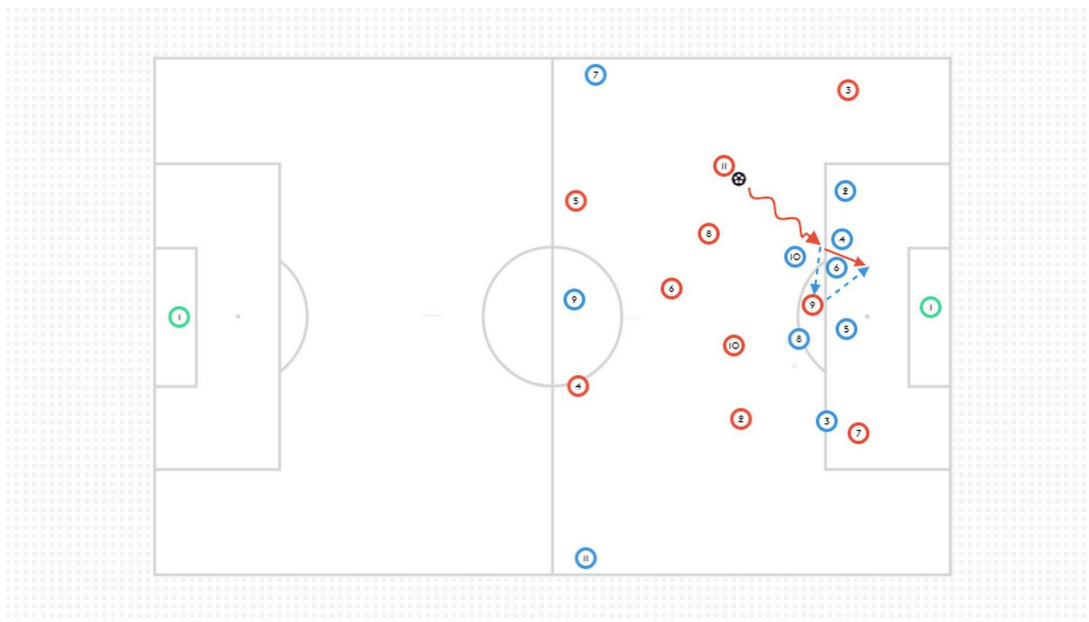
Very quick, short and sharp angled passes used to get in behind defences with devastating effect if used correctly.

Unlikely to be used too often in our own half, but in the attacking third where defensive players 'step out' to meet the ball, they can be used to achieve penetration with frequent success.

Often used by;

- Fullback & #6
- Winger & #8/10
- #8/10 & #9
- Winger & #9

**The #11 drives at the defence, pulling it towards him, he then plays a 1-2 pass with the #9 (who is free because the defenders are focussed on the dribbler) and penetrates in behind.**



## Third Man Runs

Third Man Runs are **virtually impossible to defend** because of the sequence of passing and the off-the-ball movement of the players.

Typically, the player on the ball (1<sup>st</sup> attacker) will play a pass over a slightly longer distance to a player up ahead (2<sup>nd</sup> attacker) who will set the ball back to another player (3<sup>rd</sup> Man) who has now received the ball with both time and space to make decisions.

The reason this is so effective as a strategy is because the initial pass is longer and therefore takes more time to arrive at its destination.

The amount of time that the ball takes to travel, over this longer distance, **attracts pressure and attention to its destination** from defenders (the defenders travel as the ball is travelling).

This means that the defenders are, more than likely, looking at and focussing on the player set to receive the ball (2<sup>nd</sup> attacker) and have not spotted the potentially more dangerous, 3<sup>rd</sup> Man.

As the ball approaches the 2<sup>nd</sup> attacker, and the defenders look to pressure him, he can now lay the ball off with one touch to the **3<sup>rd</sup> Man**.

The **3<sup>rd</sup> Man** has recognised the pattern and used the time that the ball is travelling to orientate himself to **win the space** from the defence in which he is about to receive the ball.

He will communicate, either visually or verbally, where he wants the ball played and focus on winning that space from any potential defenders.

The ball is laid off to him in space and he can now look to **affect the game**, having received the ball as the **Free Man** away from direct pressure, giving him time and space.

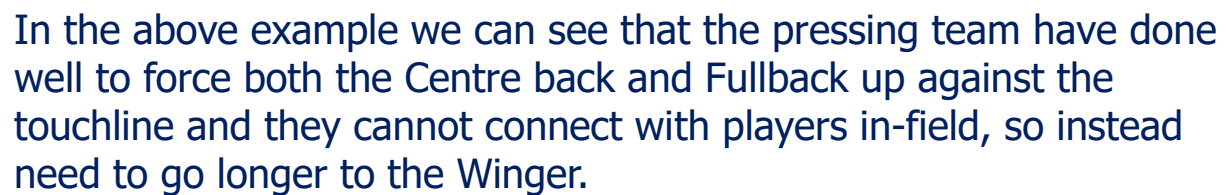
A common chain is for the 3<sup>rd</sup> Man to quickly play the ball through the defence to another runner who has also recognised the beginning of this pattern when the initial long ball was being played. We can call this next player the **4<sup>th</sup> man**.

The 3<sup>rd</sup> Man is impossible to defend, the '**4<sup>th</sup> Man**' is devastating to a team's defensive organisation, as pictured.

**Paco Seirul·lo** talks about the players that are close to the ball carrier having to work cooperatively together in order to solve the defensive problems and puzzles, but they can only do this because of the offensive structuring of the players that are **not** in this **area of cooperation** who allow the game to collectively develop.

His is referring to structure, using width and depth of players that are not directly involved with play to provide the time and space for such interactions to occur.

**Third Man Concept – Very common to see from ball-playing CBs into a more advanced player.**



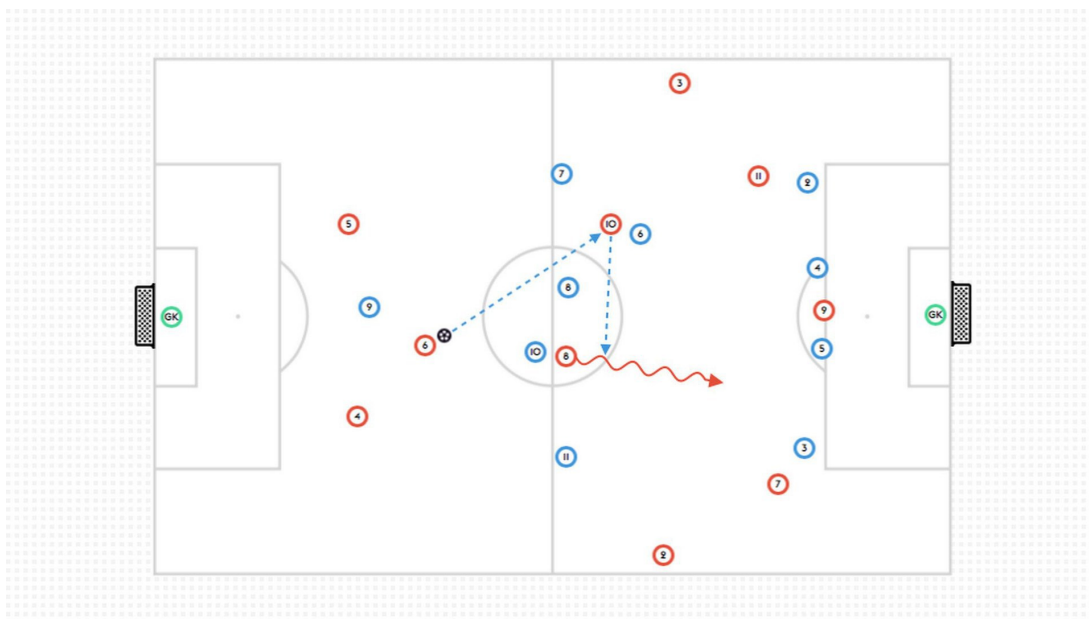
The Winger, as the 2<sup>nd</sup> Man, lays off a one touch setback for the #10 as the 3<sup>rd</sup> Man.

The 3<sup>rd</sup> Man wins the space from the defender (two examples shown) and is then able to play a variety of connecting passes from there.

It is vital that the 3<sup>rd</sup> Man wins the space from the defender as his focus is drawn towards the 2<sup>nd</sup> Man.

As this is happening the 3<sup>rd</sup> Man wins the space to be able to receive the ball with purpose with both time and space to be able to make his next action.

**A very common Third Man example where the #6 breaks a line of pressure with a penetrating pass and the ball is laid off to the 3<sup>rd</sup> Man.**



When referring to the Third Man I have read very inciteful work from **Eric Tenllado** and **Pasquale Casa Basile** who talk about various areas of interaction for the main players involved.

**Eric** calls them the:

- Intervention Zone
- Mutual Help Zone
- Cooperation Zone

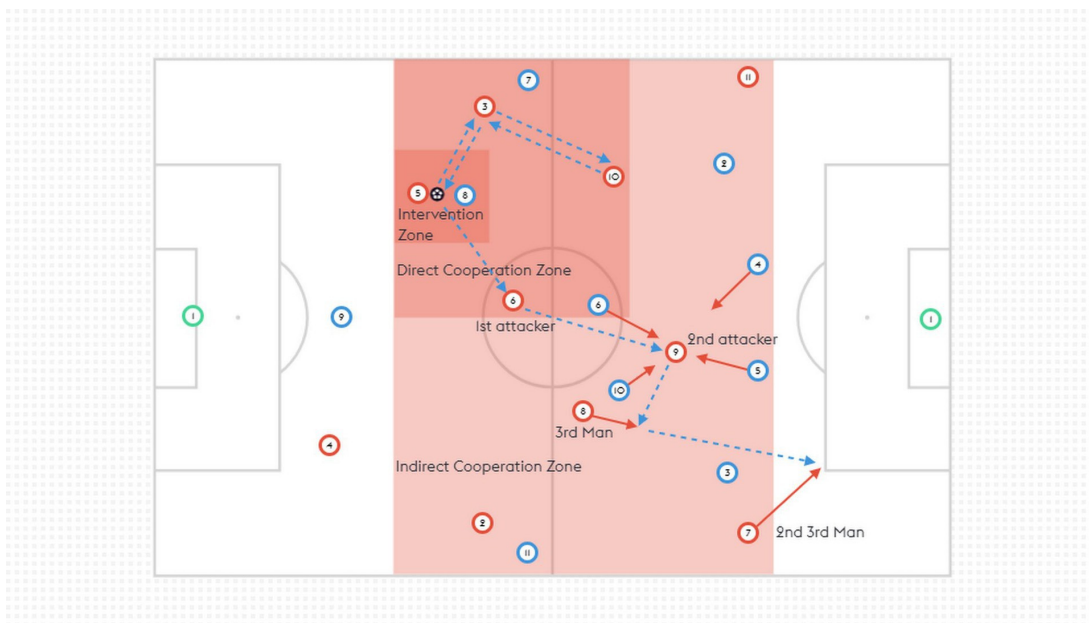
Whereas **Pasquale** refers to them as:

- Intervention Space
- Direct Cooperation Space
- Indirect Cooperation Space

Although both ostensibly mean the same thing, for the purpose of the Game Model we will refer to them as;

- **Intervention Zone**
- **Direct Cooperation Zone**
- **Indirect Cooperation Zone**

## **Intervention Zone, Direct Cooperation Zone & Indirect Cooperation Zone.**



## **Intervention Zone**

In this area the ball carrier is engaged by a defender (**intervention**) and a decision is imminent.

His first thought should be to look far and see if he can penetrate forward.

This is always the advice given to players. Penetrate if it is on. If not, then possess the ball, play sideways or backwards.

If an initial **penetrating pass or dribble** is not on, then look to move the ball with the help of the players in the **Direct Cooperation Zone**.

## **Direct Cooperation Zone**

In this area are players that are close enough for the ball carrier to exchange short sharp interplay passes with.

These would be, in a rondo, the players to the left and right of the ball carrier, the immediate support players.

The movement and circulation of the ball between these two zones can open up passing lanes to the **Indirect Cooperation Zone**.

Players in the **Intervention Zone and Direct Cooperation Zone** are often given the space to play in because of the structural discipline (**width and depth**) provided by players in the **Indirect Cooperation Zone**.

## **Indirect Cooperation Zone**

In this area are located the players that provide **width and depth** for the players in the first two zones to **operate**.

Players in this zone help to facilitate penetration by **fixing defenders' positions** and preventing them from pushing up.

If they were allowed to push up they would reduce the space for players in the Intervention Zone and Direct Cooperation Zone. When we talk about **width and depth** it is vital for players in the **Indirect Cooperation Zone** to maintain this as it **allows the other interactions to occur**.



The following diagram shows how this might look in a game.

In the **Intervention Zone** the ball carrier engages with the 1<sup>st</sup> defender.

In the example we are saying that this is the Centre back dribbling out with the ball being engaged by a midfielder.

At this moment the ball carriers' most immediate interactions are with those players in the **Direct Cooperation Zone**.

If you take a second and step back from the text to just to concentrate on the image, you will see that the area looks very much like a typical rondo with a ball carrier and then supporting options to the left, right, and ahead (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> line passing options).

These players will maintain possession of the ball to try to shift the defence around to open up a passing lane to a player in the **Indirect Cooperation Zone** (penetration).

Here we can see that as the Blue #8 has gone to engage the ball carrier in the **Intervention Zone**, the Red #6 has dismarked to receive the ball in the **Direct Cooperation Zone** and in front of him are the #7, #9 and #11, looking to receive the ball in the **Indirect Cooperation Zone**.

These players have maintained their height and width and in doing so have opened up the space in the midfield, by preventing their defenders from pushing up.

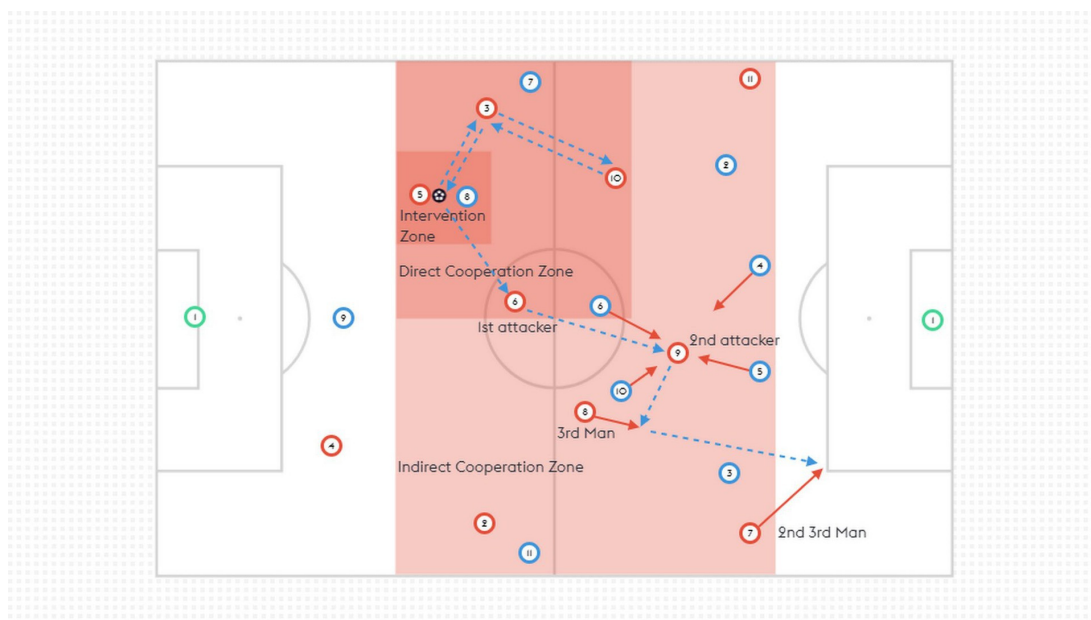
This has given the midfield players in the **Direct Cooperation Zone** much more time and space to pick a penetrating pass.

Red #6 plays a long and flat pass into #9 who has dismarked, into the space left by Blue #6, to open a passing lane.

He lays the ball off to the 3<sup>rd</sup> Man, Red #8, **who receives unopposed**.

In this instance, Red #8 then plays the 2<sup>nd</sup> part of the chain and makes another penetrating pass in to the 4<sup>th</sup> Man, Red #7.

## The interactions of players across all 3 zones.



The 3<sup>rd</sup> Man pattern can occur all over the field, even though when implementing this kind of Game Model, it is more common to have the longer pass played from a Centre Back when the team is trying to build out of the back.

The absolute key points to remember when working on 3<sup>rd</sup> Man movements is that the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Men must all recognise the

cues and triggers to start their runs, win their space and play their pass as the 1<sup>st</sup> attacker is scanning forward to play that longer pass.

*Think of it as a magic trick with the 1<sup>st</sup> and 2<sup>nd</sup> attackers being the magician and his glamorous assistant. All eyes are on them. What you don't see is the 3<sup>rd</sup> Man who is sneaking around the old wooden box that is about to be sawed in two.*

*And the 4<sup>th</sup> Man? Forget it, he's a Spector.*

*It all comes down to timing.*

## **Double Movements**

Double movements are a very important way to generate and create space out of nothing.

"One run for me, one for the defender" is an oft used quote which applies here.

Players can move to or away from the ball and then dynamically move the other way to receive a pass, either in between the lines of defensive pressure or in behind it.

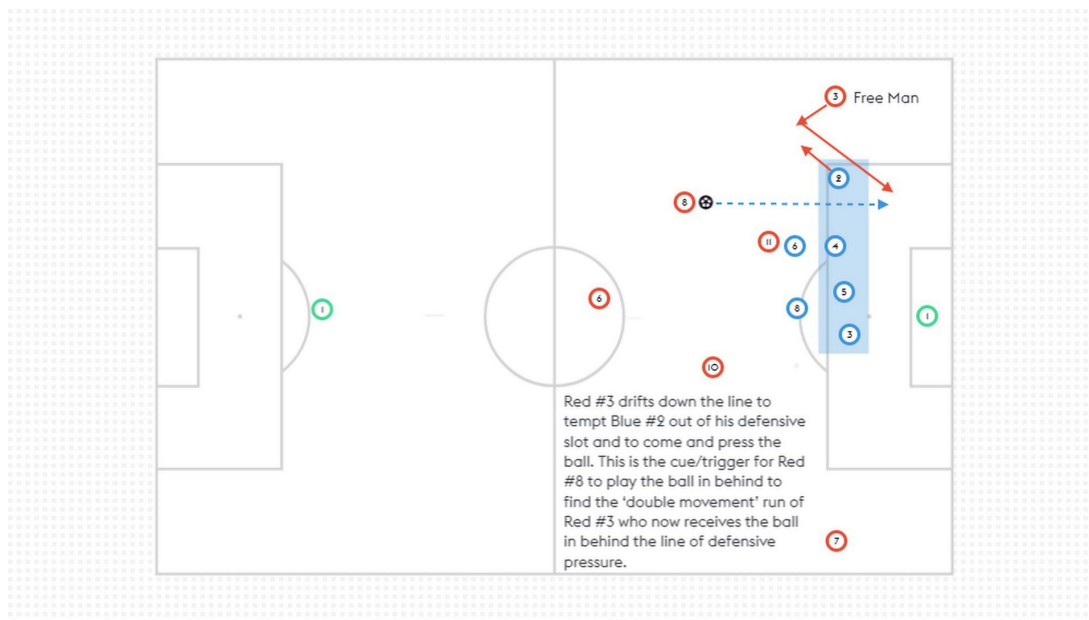
Common examples are the;

- #9 checking to the ball as a trigger for it to be played over the top or through for him to turn and chase, the initial movement having brought the defender with him and therefor unbalancing him somewhat.
- #9 checking away from the ball, bringing the defender back with him, then checking to the ball to receive it in space.
- High and wide wingers moving back down the line towards the ball carrier, to tempt their full back to come out and press them or the ball carrier, only to then turn and sprint in behind to receive the through ball.

- High and wide winger checking in behind his Full back to bring him back, only to then check to the ball to ask for it in space.

A high level of understanding and communication needs to be established in the relationship between the passer and the receiver for these kinds of actions to work which is why they must be practiced in training.

**The Advanced Fullback, drifting down the line, has pulled his defender out with him. He then sprints in behind to collect the through ball in space, becoming the Free Man.**



## Change the Rhythm of the Play

Often, as the pattern and location of passing becomes predictable, the opposition can start to press at the right time to box the possessing team into corners and look to win the ball back.

In order to avoid this, the possessing team should recognise the **triggers and cues** of when this is about to happen and change the **rhythm or tempo** of the game by varying the **speeds and distances** of the passes.

For example, if it is a common tactic to hold the ball on the left side of the field, in the attacking half, using the #11 and the #8, both in close proximity to each other, using short sharp passing to try and draw in the defenders, then the opposition may well figure out who to press, and when to do so, in order to win the ball back.

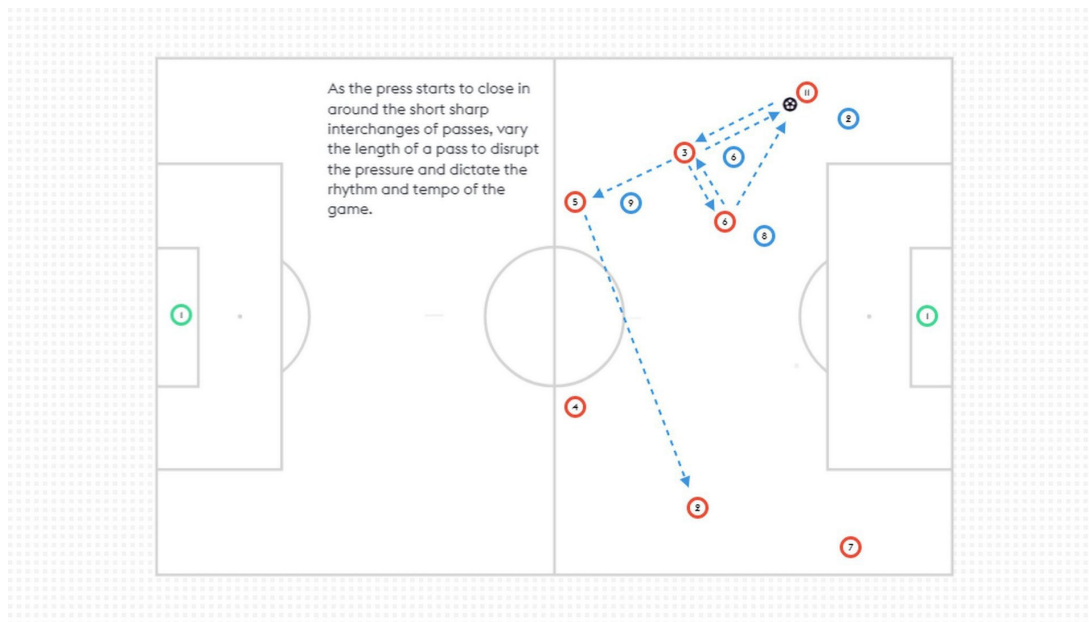
These players should recognise **cues** that tell them the press is coming and before it is too late, they should look to play to a different player, using a longer pass to break any pressure.

This has the effect of maintaining possession but also **disrupting**, and therefore **dissuading**, the opposition's pressing rhythm.

Just like playing out of the back, the main purpose is to **demoralise the opposition**, showing them that they cannot successfully press and, eventually, to discourage them from pressing at all.

Psychologically, it is hard to keep upbeat, focused, and positive when a team nearly wins the ball back after having put in an exhausting amount of pressing, only to have it smartly moved away from them to an area in which they are not set up to press.

**The ball is maintained out on the flank and as soon as the pressing players get close enough to win the ball, it is moved to an area of less defensive concentration using a different length and speed of pass.**



## Half Spaces

The **half spaces** are a **vital** piece of the field to be able to dominate when in possession of the ball.

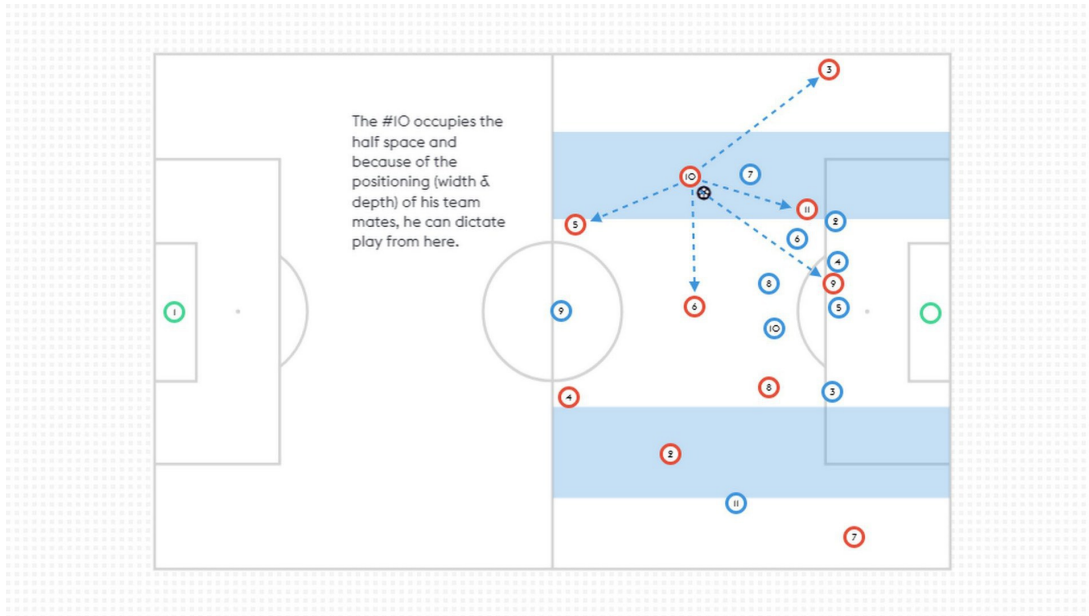
Wide positions are fantastic for serving the ball in if a player can beat the defensive pressure however, the touchline is also '**a defender's best friend**' and can be used with great effect to reduce the options, time and space of the attacking player by pinning them up against it.

In contrast, the **half spaces** provide the player with much more room to manoeuvre and give him many more options on the ball without being pinned against the touchline.

In short, when the offensive team occupy this space, they provide the defensive team with more options to cover which, of course, stresses the defence, giving it more to deal with, making errors more likely as play is now less predictable.

If the structural organisation is correct, then by the #8 (think Iniesta) carrying the ball in to the **half space**, an **inverted** Winger overloading the midfield and a Full back in an **advanced position**, the defence is stretched, or at least 'fixed' as per the diagram.

## Dominating the half space can help the team dictate play from there as there are so many options available.



Switching the field may, in contrast to popular belief, also be easier and more effective if done from the half space than from the flanks.

A smart defence will realise that, when on the wing, the possessing team really doesn't have too many options so instead of going in to press the ball (win it) and risk getting played through, they may just sit back and restrain the other team, maybe sending one player out to 'screen' the cross.

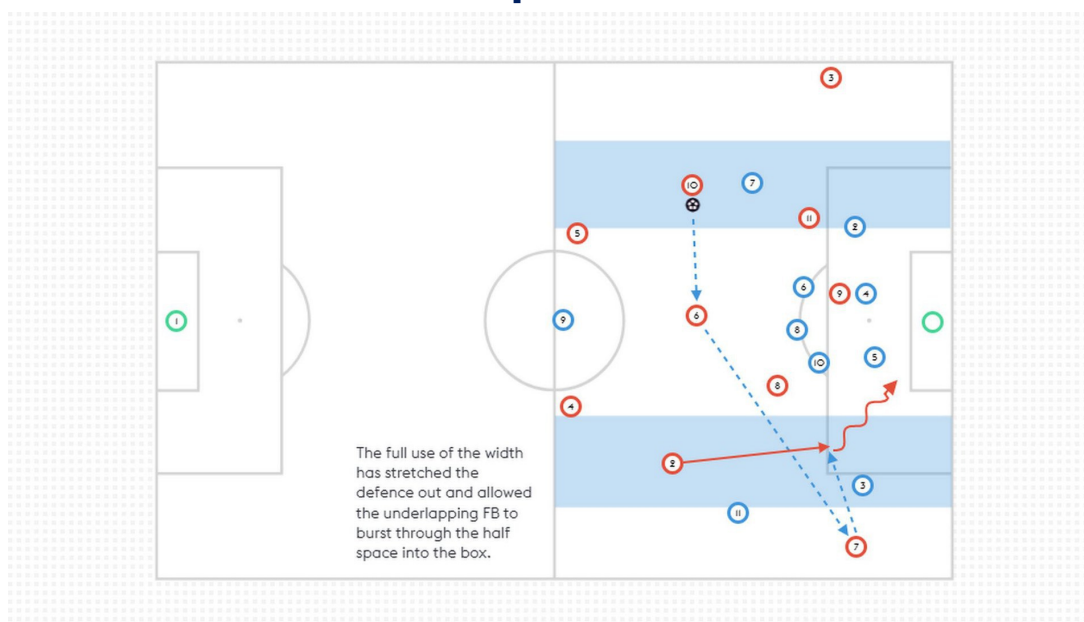
This means that if the ball is switched, they are better placed to defend it centrally or on the weak side because they have not over committed defenders or pressed aggressively and so are **not out of position**.

The distance from the goal is also relevant in deciding to dominate the half space over and above the flanks as they are closer which allows the delivery of sharp passes in behind the defence, into the box, trying to hit the runs of players which could not be done as easily from the extreme flanks, even shots (think Coutinho).

Diagonal balls that can be played from the half space, but not from the flanks, can be very dangerous and more penetrating, causing

disorganisation and panic in the defence. They can also be played in more directions.

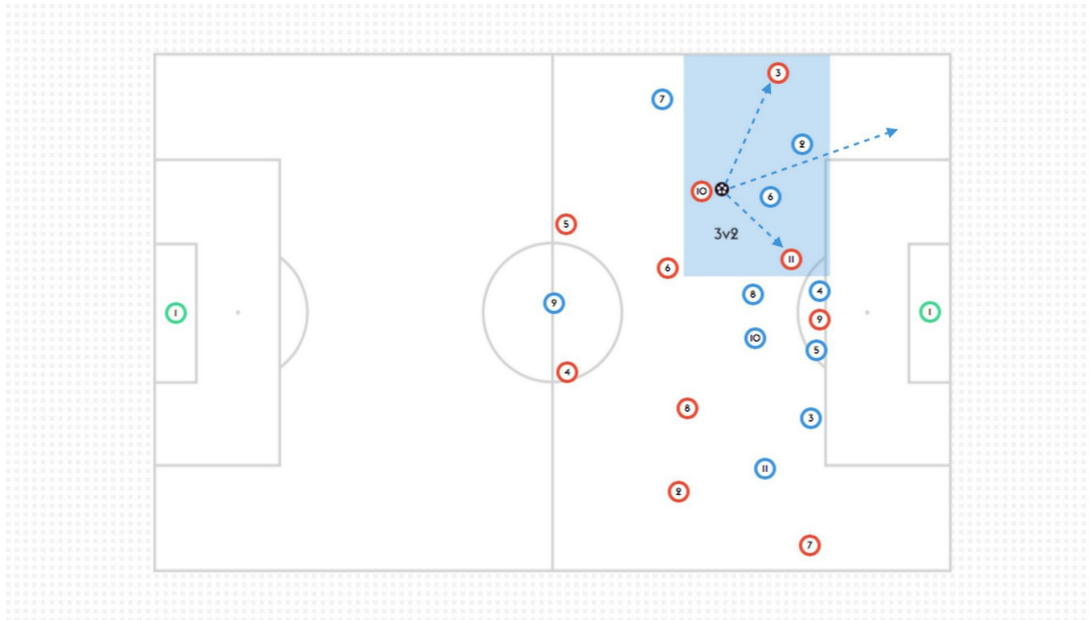
**By stretching the field using width & depth, the weak-side Full back can burst through the gap created in the half space.**



**The width & depth has 'fixed' the defenders and allowed the #10 to penetrate through the half space.**







## Zone 14

Zone 14 has long been known to be an area of the field to control.

If controlled properly, it has been statistically shown to yield **more goals than any other area on the field** from shots and assists.

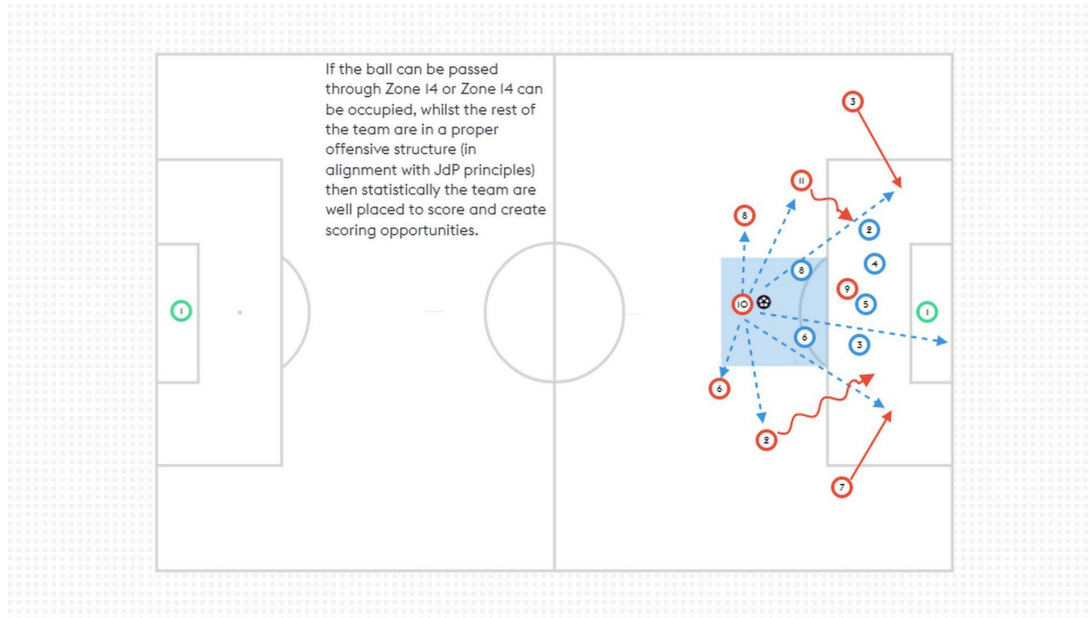
If the ball is moved through here or received in here, then it can lead to goal scoring opportunities.

If a creative ball player receives the ball here and has good off-the-ball movement ahead of him then he can provide many assists from here.

When wide players penetrate and look to cross, often the defence will drop to protect the goal, leaving **Zone 14 wide open** for a player to drop into and shoot from here.

If **Zone 14** and surrounding areas are controlled then ball circulation around the top of the box, and thus goal scoring opportunities becomes easier.

## Multiple examples of the benefit and use of Zone 14.



## Counter Press

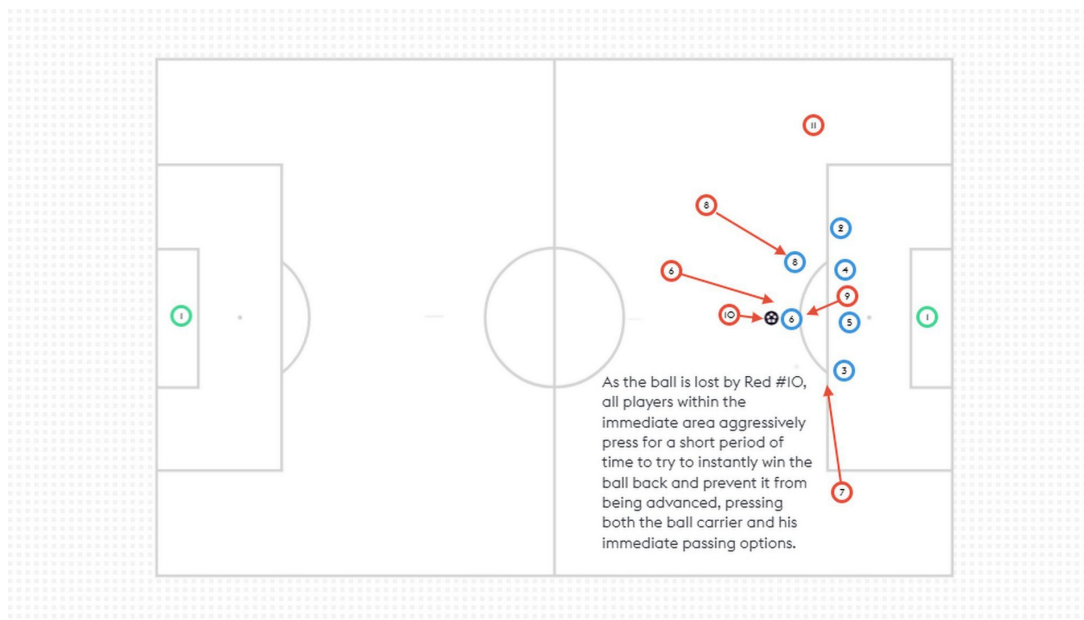
Counter pressing is an extremely aggressive way of **preventing being counter attacked** and trying to win the ball back instantly after having lost it.

When the ball is lost, the players **nearest to it aggressively and instantly** put pressure on the new ball carrier in order to win it back and prevent the ball from being advanced up the field.

It is not just the new ball carrier that is to be pressured, but also his immediate passing options to ensure that nobody in the immediate area can receive the ball without getting harassed as soon as they do.

If the counter press occurs in the attacking or middle third, then the back line of defenders should take advantage of this time to defensively organise themselves.

**Blue #6 wins the ball, and the Red Team instantly counter press him and his immediate passing options to win the ball and prevent it being advanced.**



## **Breaking lines of Pressure**

All the positional play in the world will be useless if, at some point, an offensive player is not able to **break a line of pressure** with a touch, a move or even a change of pace.

Without the ability to receive a ball and break a line of pressure and get behind a defence, a team can find that positional play or a possessional style of play can become stagnant, predictable and easy to defend.

It makes no difference if a switch of play and excellent positioning create an opportunity for a Winger to run 1v1 at the opposition Full back **if that Winger does not have the ability to take on and beat him.**

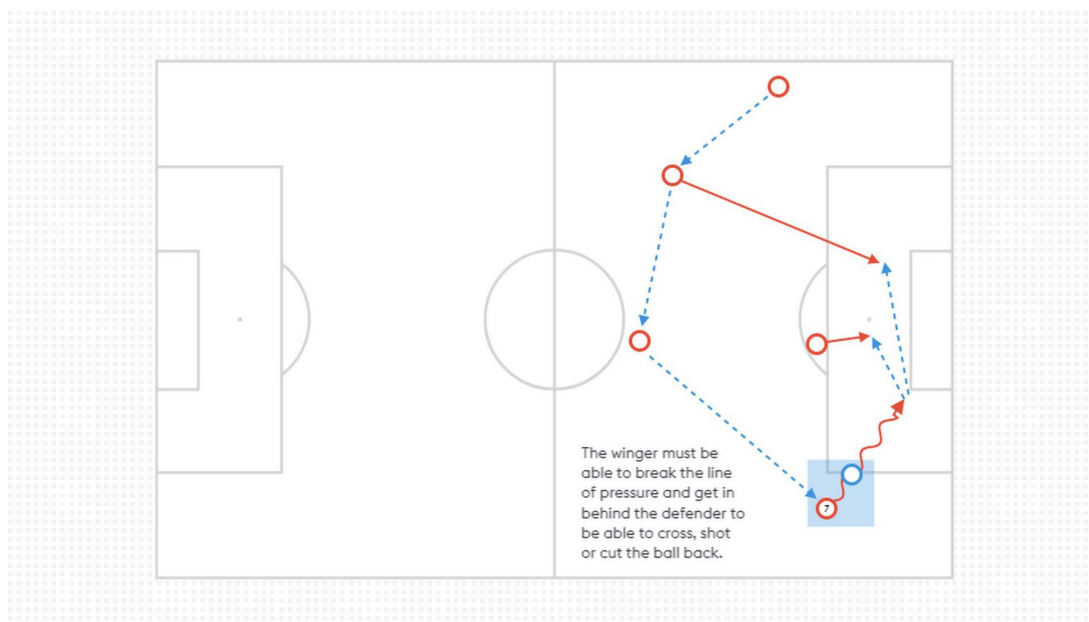
If the team is very well set up to play out from the back and release the **Free Man** into midfield, but the Free Man is slow and cannot burst through the space with control of the ball, then it is pointless and an easy turn over for the opposition.

If the Fullbacks position themselves in great spaces on the field, overlapping their wingers to receive the ball, but cannot deliver a good cut back or drive at goal then their positioning has been for nothing and now they are defensively out of position and can be easily countered.

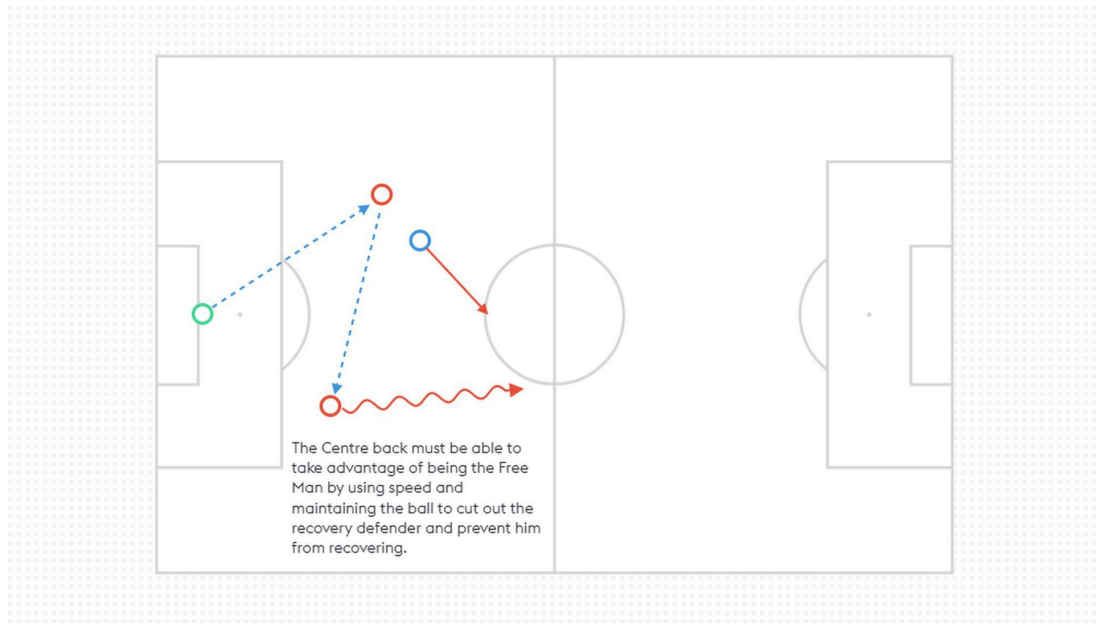
Players on the ball must be able to drive at and go past defenders, breaking lines of pressure.

The impact of this on a coach is that his players must be very competent on the ball in individual possession scenarios and training sessions should consist of a healthy number of 1v1/2v1 Coerver-type games.

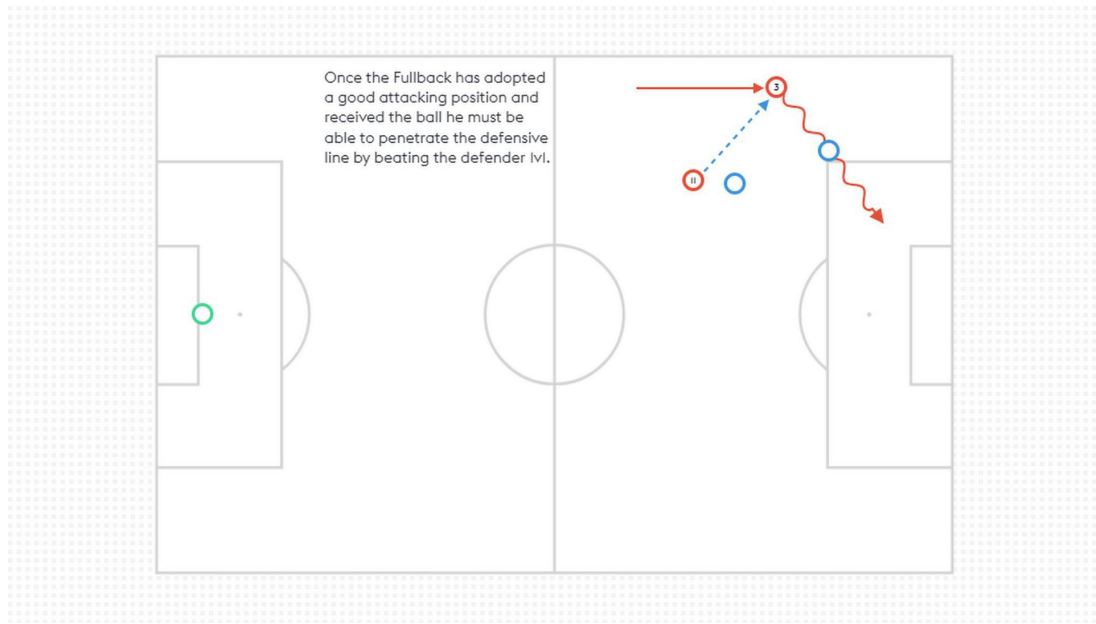
**In order for the switch to be effective, the winger must be able to beat his Fullback 1v1.**



**The Free Man must use skill, control and speed to exploit the space.**



**The Fullback must be able to take advantage of the good structure of the team by beating the defenders 1v1.**



# Summary of Macro & Sub Principles

All concepts start with a "Big Idea" - a **macro principle**.

The macro principle describes, in broad terms, what we're seeking to accomplish in our play.

Having a clear understanding of the macro principle is vital – without a clear “big picture”, we have no way to answer the questions:

- Is what I am teaching translating into the game?
- Am I teaching the things that I want my players to be able to do in the game?

Once the macro principles are established, we consider the sub-principles, to remain clear on how we should be coaching these “big ideas” in terms of specific positional roles and responsibilities which correspond to phases of the game.

Having a clear set of sub-principles is also vital as without these we do not know how to teach and execute our “big ideas”.

A philosophy without a plan will go nowhere. And a plan without a supporting philosophy is confusing, conflicting and chaotic.

By way of an example; a Macro principle might be “to play out of the back cleanly”

The sub principles flesh this out and give this idea some more details, an example of the corresponding sub principle might be “ensure width and depth to be able to receive the ball free from pressure”.



# Game Model

**Moment of the Game:** In Possession

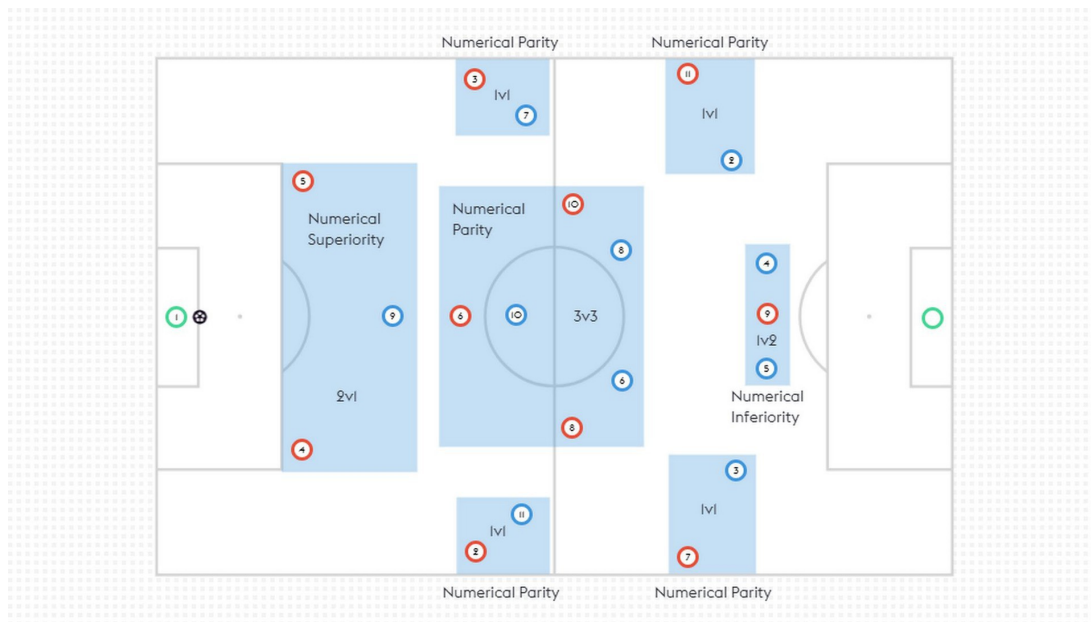
**Macro Principle:** Dominate Positional Play to create and finish scoring opportunities.

**Build Up Phase Principle:** Bring the ball up to half way cleanly and relatively unopposed.

**Sub Principle 1:** Create an offensive structure, using width & depth, to facilitate advancement of the ball.

- Players use **width & depth** to stretch the field, spreading the defense as much as possible.
- Players must **dismark & stagger on diagonal** angles to receive the ball with purpose.
- #7, 8, 10, 11 & 9 start high and wide (width & depth), **decongesting** the midfield by preventing the defense from pushing up.
- Provide **constant and dynamic off-the-ball movement** to support the play and maintain the offensive structure once the ball is played (do not remain static as this is predictable and easy to defend)

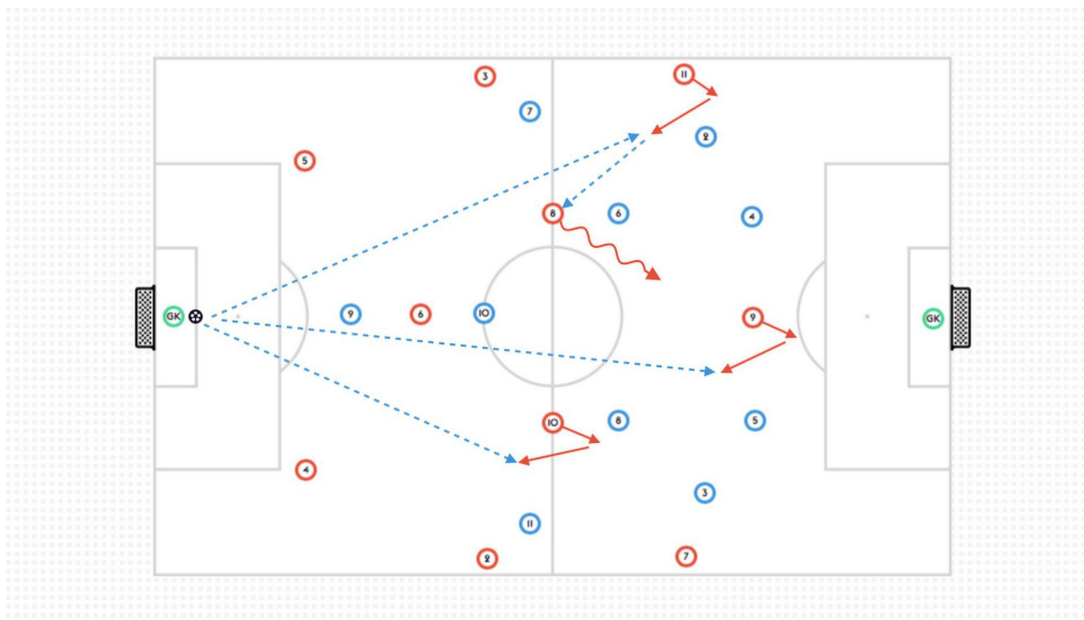
**Example of a Positionally Superior structure** (depending on how the opposition line up).



### **Sub Principle 1A: Advance the ball to high targets;**

- First look should be far forward.
- #7, 8, 9, 10 and 11 all start high to stretch the field and bring the defense back.
- They dismark and check into space to receive the ball.
- The Goal Keeper plays a low, flat ball into one of the targets.
  - Possible use of a Third Man Movement.

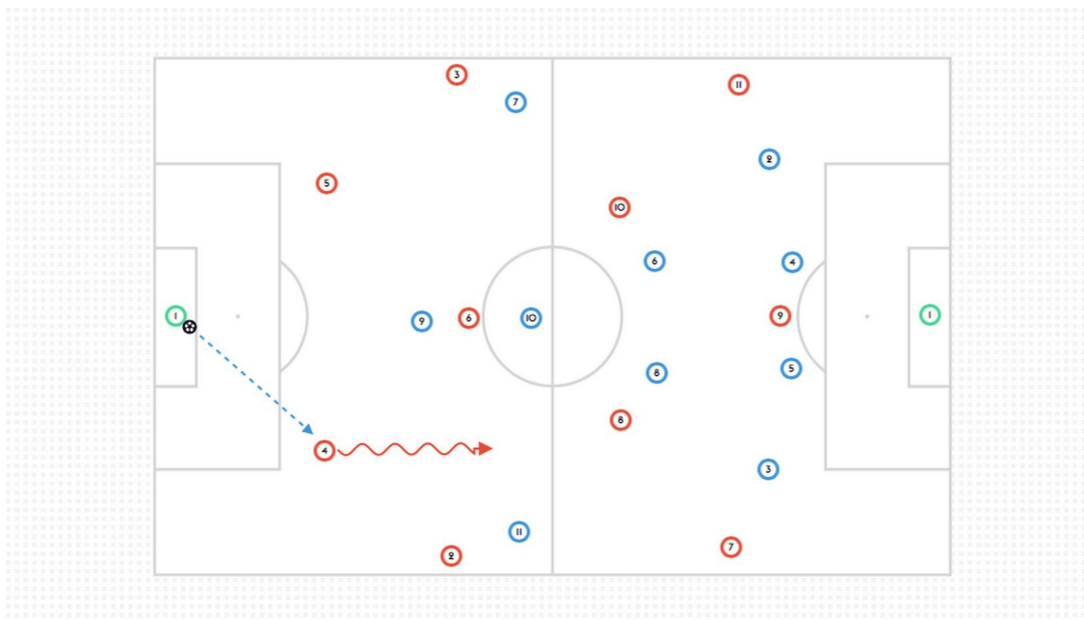
**If it is on, advance the ball to higher targets “First look should be far forward”.**



**Sub Principle 1B:** Advancing the ball against **zero press**, bring the ball out cleanly;

- Centre Backs **split** and are as **high** as possible to try to **win the space** from the nearest defender.
- **Ball circulation** may need to occur to establish one of the Centre Backs as the **Free Man**.
- **Free Man** now dribbles into midfield to **engage and provoke** defenders, generating **numerical and positional superiority** in midfield.
- Midfield players now decide who, when and where to **dismark** to support the dribbling **Free Man**.
- The Fullbacks (#2/3) must try to remain high and support the attack **ahead of the ball** to provide **numerical superiority** in midfield.

**The Free Man bringing the ball out unopposed and cleanly against a 'zero' press.**



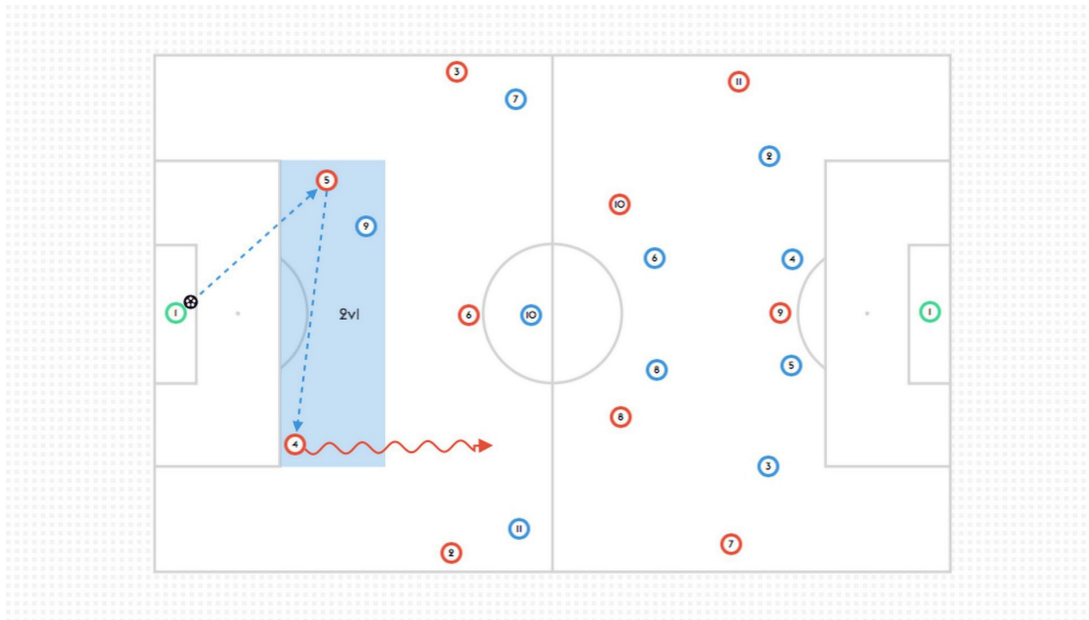
**Sub Principle 1C:** Advancing the ball against a **1 press**, try to bring the ball out cleanly;

- Centre Backs **split** and are as **high** as possible to **win the space** from the pressing defender.
- **Ball circulation** may need to occur to move the defender out of his neutral position & find the **Free Man**.
- Centre Back dribbles to **engage and provoke** the defender, removing this layer of pressure, which allows his CB partner to receive a pass and advance with no direct pressure in front of him, as the **Free Man**.
- The **Free Man** now drives into midfield with the ball to **provoke & engage** the next defender, creating another **Free Man**, but this time in the midfield.
- #2/#3/#6/#8/#10 all **dismark** to be able to receive and support the ball.
- Midfield players now decide who, when and where to **dismark** to support the dribbling **Free Man**.
- The Fullbacks (#2/3) must try to remain high and support the attack **ahead of the ball** to provide **numerical superiority**

in midfield, but be able to drop down the line to support the ball if needed.

- The #7, #8, #9, #10 & #11 start with forward depth & width to **pin back the defensive** line and defensive midfielders (**decongest** the midfield).
- **#6 moves constantly to support** the ball carrier creating positional superiority.

### **Advancing the ball against a 1 Press.**

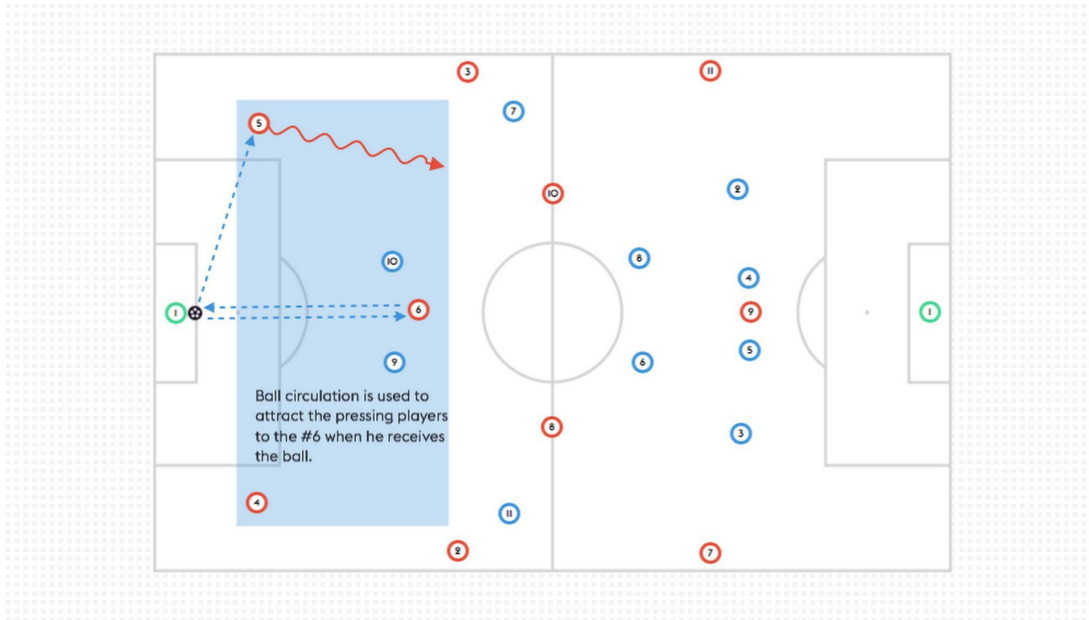


**Sub Principle 1D:** Advancing the ball against a **2 press**, try to bring the ball out cleanly;

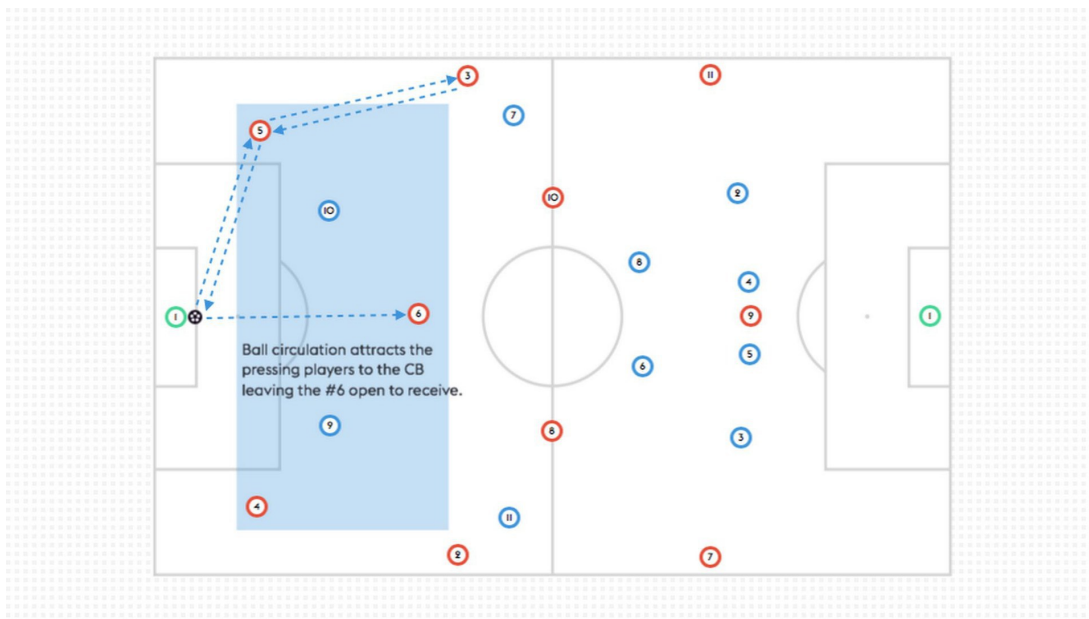
- The Centre Backs may now drop a little **deeper and wider** to give themselves more time and space to receive the ball.
  - The extra depth and width may **discourage** the pressing players from pressing all the way.
- **Ball circulation** may need to occur to provoke the initial movement of the defenders out of their defensive slots.
- Non-stop **support** from the #6 to find pockets of space and passing lanes, **creating numerical & positional superiority** (3v2), either;

- The defenders are **attracted to the #6** which makes one of the CBs into a **Free Man**, or
  - The defenders are **attracted to the Center Backs** which makes the **#6** into the **Free Man**.
- **Weak-side** Centre Back and Fullback **must** maintain their **width & depth** because;
  - This prevents the opposition from entirely shifting and compacting and
  - The ball can be switched easily.
- The Fullbacks (#2/3) must try to remain high and support the attack **ahead of the ball** to provide **numerical superiority** in midfield, but be able to drop down the line to support the ball if needed.
- Goal Keeper must support the play and provide an **outlet** at all times.
- If the 2 Press is good and makes it difficult to play out then;
  - **#6 can drop** in between the two Centre backs to create **Numerical & Positional superiority (3v2)**.
  - The back line can now **bring the ball out as a three** (La Volpe), isolating a 2v1 and releasing the **Free Man**.

**Two Press: The pressing players are attracted to the #6 which gives the Centre Backs space to play out**



**Two Press: The pressing players are attracted to the Center Backs which gives the #6 space to play out.**



**The #6 drops in between the 2 CBs to create numerical superiority a la Volpe.**

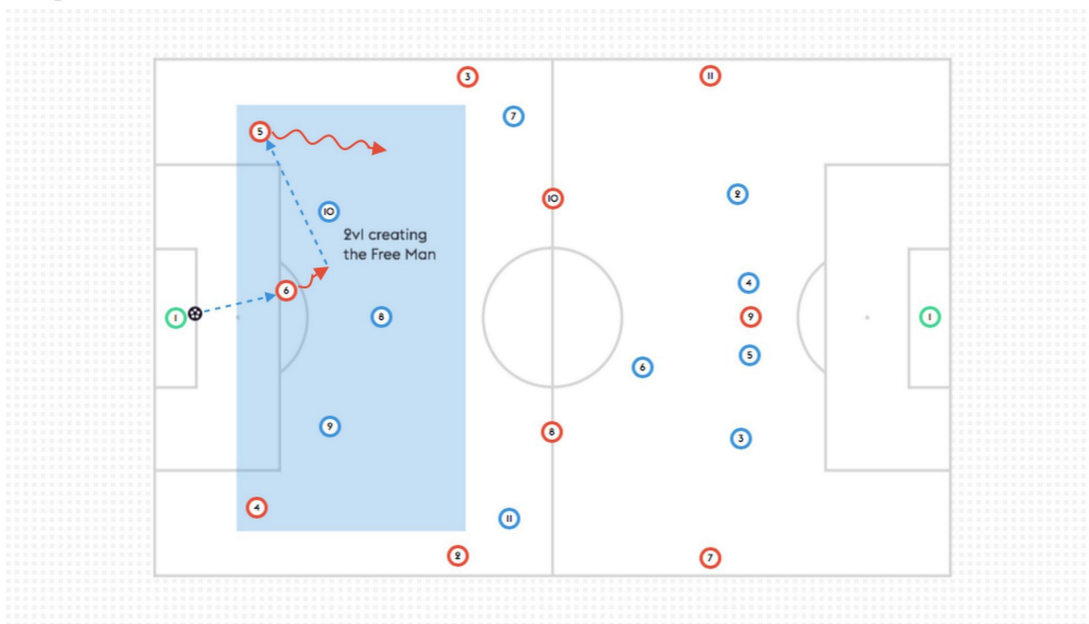
- Sub Principle 1E:** Advancing the ball against a **3 press**, try to bring the ball out cleanly;



- The Fullbacks (#2/3) must try to remain high and support the attack **ahead of the ball** to provide **numerical superiority** in midfield, but be able to drop down the line to support the ball if needed.
- Goal Keeper must support the play and provide an outlet at all times.

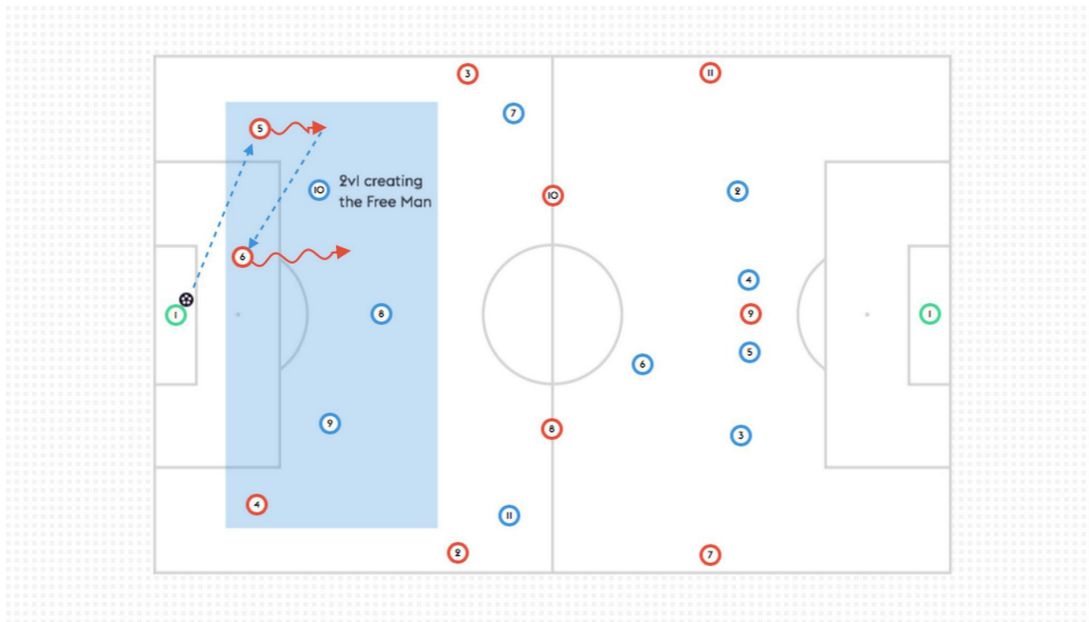
**The trigger here is that the opposition has marked both Centre backs and the #6. The #6 drops into the back line to form a back 3 and to Isolate a 2v1, releasing the Centre back as the Free Man.**

#### **Example A:**



**The trigger here is that the opposition has marked both Centre backs and the #6. The #6 drops into the back line to form a back 3 and to Isolate a 2v1, releasing the #6 as the Free Man.**

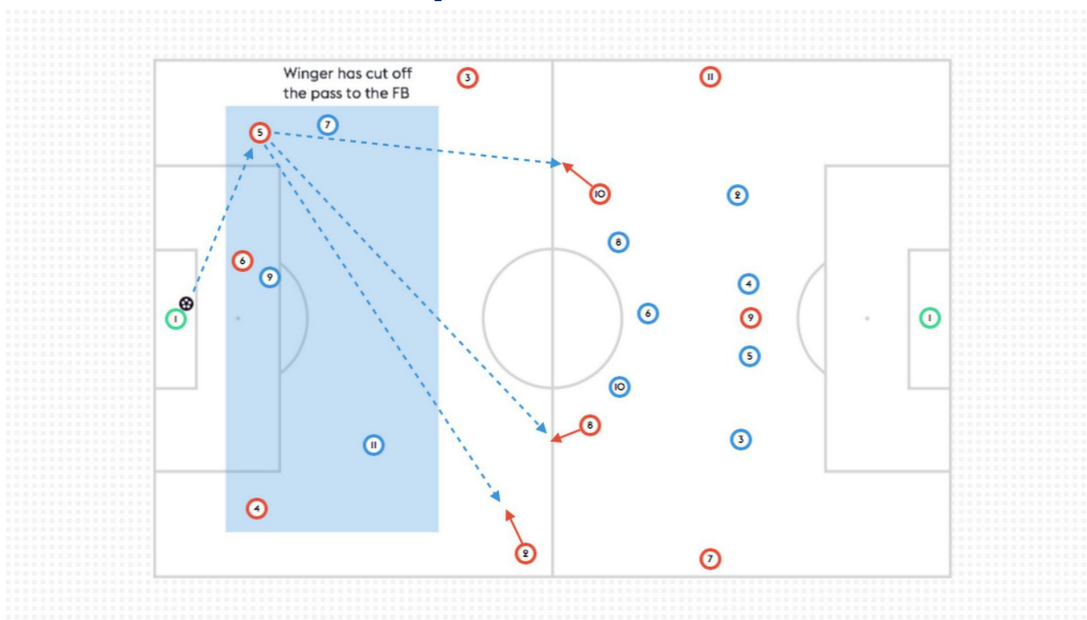
### Example B:



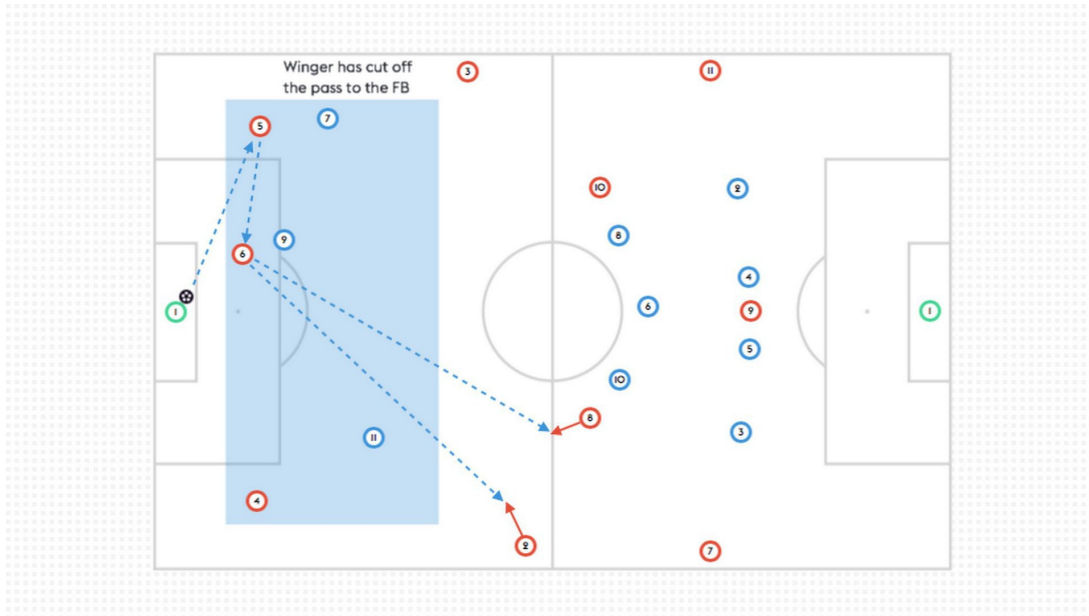
**Sub Principle 1F:** If the press becomes too much to play out against, in *live play*, then play to longer targets;

- Team **must instantly recognize** that they are unable to play out.
- Midfield **must dismark** to be able to receive a longer pass into midfield.
- Ball carrier drives a **low flat pass** into the best open target (ball must travel quickly and accurately),

- The back line decides that this is too much pressure to cleanly play out so have played a more direct ball into the midfield space vacated instead.**



**The back line decides that this is too much pressure to cleanly play out so have played a more direct ball into the midfield space vacated instead.**



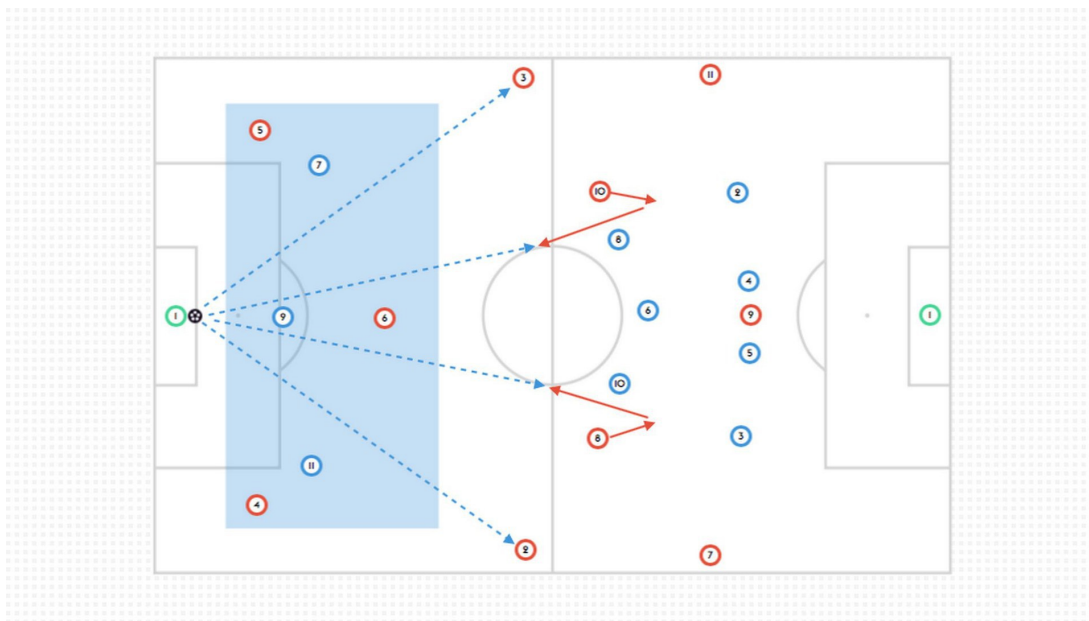
**Sub Principle 1G:** If the press evolves to be too high to play out against from a *dead-ball situation*, play directly into midfield;  
The Goal Keeper will place the ball in the middle of his box to **disguise his intentions**.

The Goal Keeper will look to play a longer ball to a **more advanced player**.

- Fullbacks, Midfielders and Strikers start **high and wide**, and will **dismark** to become a receiving option higher up the field.
  - Targets may need to make **double movements** to create space for themselves to receive.
  - **Third Man Movements** are a useful concept here as pressure is attracted to the destination of the pass and a simple set back to the Third Man can solve this problem.
- The Centre Backs and Full Backs now can push up much **higher** as the ball is not being played out of the back.

- The team instantly **push up** to pressure the opposition at the ball's destination and aggressively compete to **win it back if lost**.
- The Fullbacks (#2/3) must try to remain high and support the attack ahead of the ball to provide width and numerical superiority in attack in midfield.

**The pressure is too high to cleanly play out, so a longer pass is selected.**

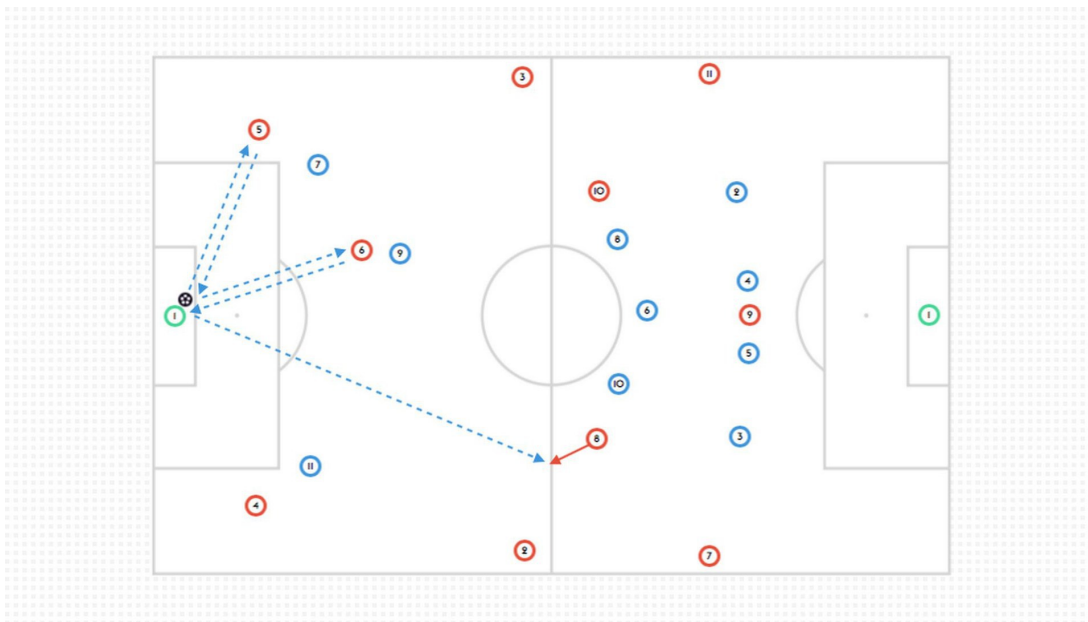


**Sub Principle 2:** Goal Keeper must be good with his feet.

- Goal Keeper is the first attacker and the 11<sup>th</sup> outfield player;
  - He can be fully involved in the buildup.

- Must be an outlet for players under pressure.
- Help circulate the ball cleanly.
- Facilitate switches of play.
- Penetrates deep if playing out from the back is not an option.
- Must be able to play sharp short passes as well as low, flat and accurate longer passes.

**Goal Keeper must be good with his feet.**



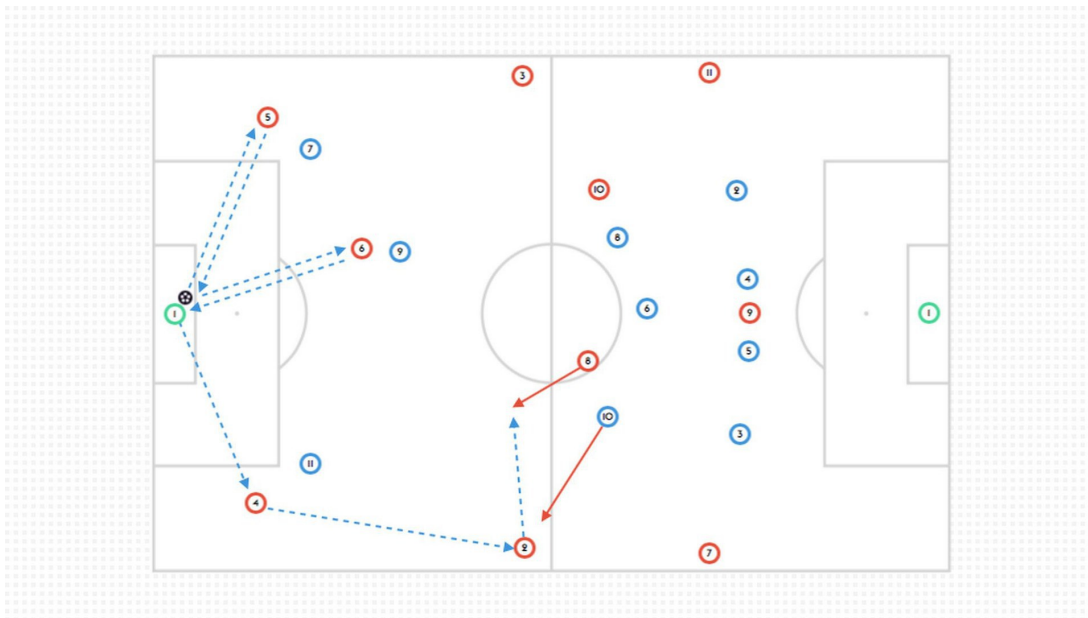
**Sub Principle 3:** Back line must **circulate and probe** with the ball when defence prevents penetration, to **shift the defensive block** around in order to **create space to penetrate** to half way.

- Recognize when penetration is **not on**.
- Centre Backs/Full Backs must now **'bowl up'**, with **width and depth**, to receive the ball with.
- The Centre Backs, Full Backs & Midfield players must fully **dismark**, free from defenders, to receive the ball with **time and space**.
- The Center Backs must provide themselves with lots of **offensive depth underneath the ball** to be able to

**receive with purpose with time and space.**

- #6 constantly moves to support the ball as the **Free Man**.
- Players now calmly **circulate and probe**, looking for opportunities to penetrate:
  - With a penetrating pass, or
  - By dribbling at and engaging a defender to release the **Free Man**.
  - Using **full width and depth** and giving the ball to wide players under pressure to help **shift the defensive block around**.

**Back line must be able to circulate & probe with the ball when penetration is not an option.**



**Moment of the Game:** In Possession

**Macro Principle:** Dominate positional play to create and finish scoring opportunities.

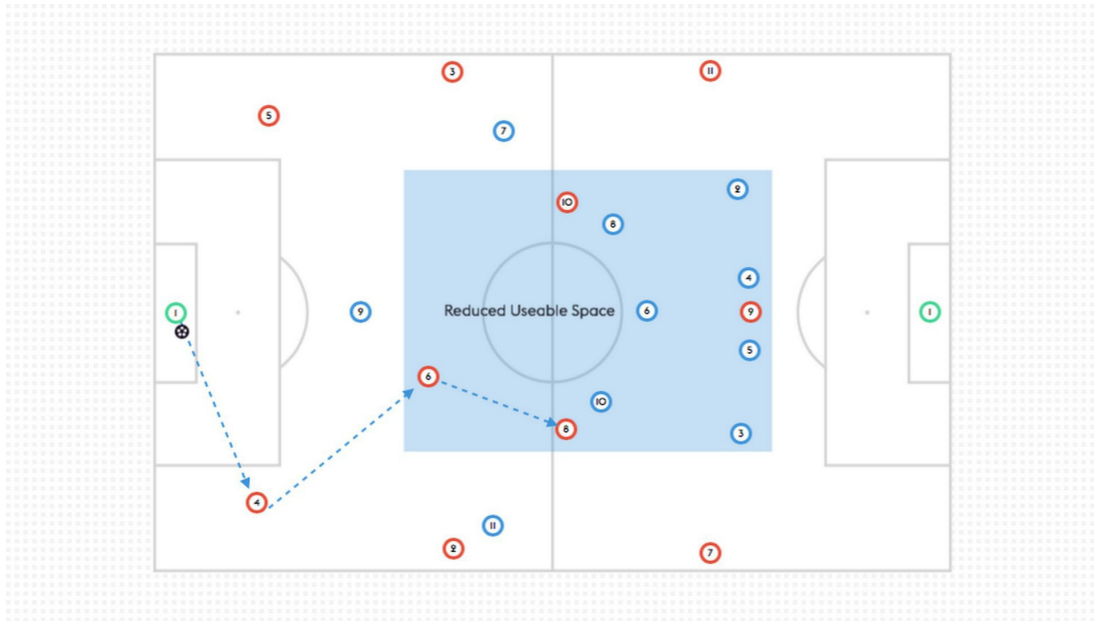
**Penetrating Phase Principle:** Penetrating into the attacking third.

**Sub Principle 1:** Use ball circulation to **stretch** the defense and **decongest** the midfield.

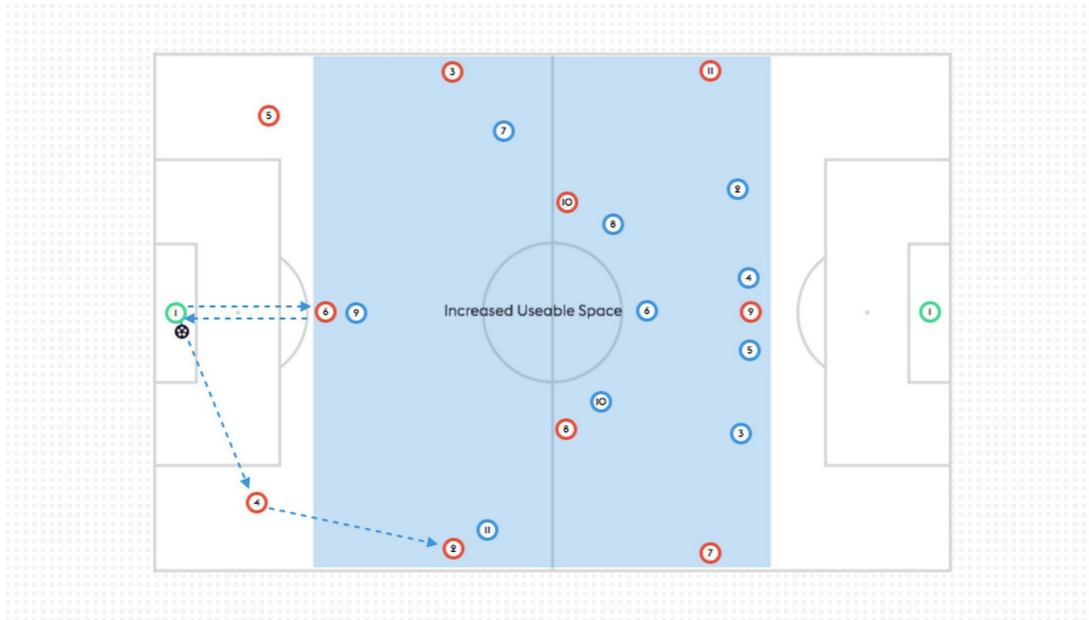
- Move the ball with **width** and **depth** (vertical and horizontal) to **shift the defensive block** around and **pull them apart**.
- Give the ball to players that **are marked or under pressure** to increase the 'useable' space and draw defenders out of their defensive slots to **decongest** the midfield.
- Players must constantly provide themselves with offensive **time, space and depth** underneath the ball in order to be able to **receive with purpose**.
- Avoid pressing traps and disrupt the defensive organization by dictating and changing the rhythm of the game through varying the length of passes (short, short, long).
- Do not let the opposition get comfortable or into a rhythm.
- Players must constantly look to **dismark** to facilitate **circulation** of the ball and positional superiority.
- **Temporizar** – do not force plays that are not on. With correct offensive structure on the field, an alternative option should always be available to allow the team to maintain possession.

**Reduced Useable Space when the team does NOT circulate the ball to players that are under pressure.**

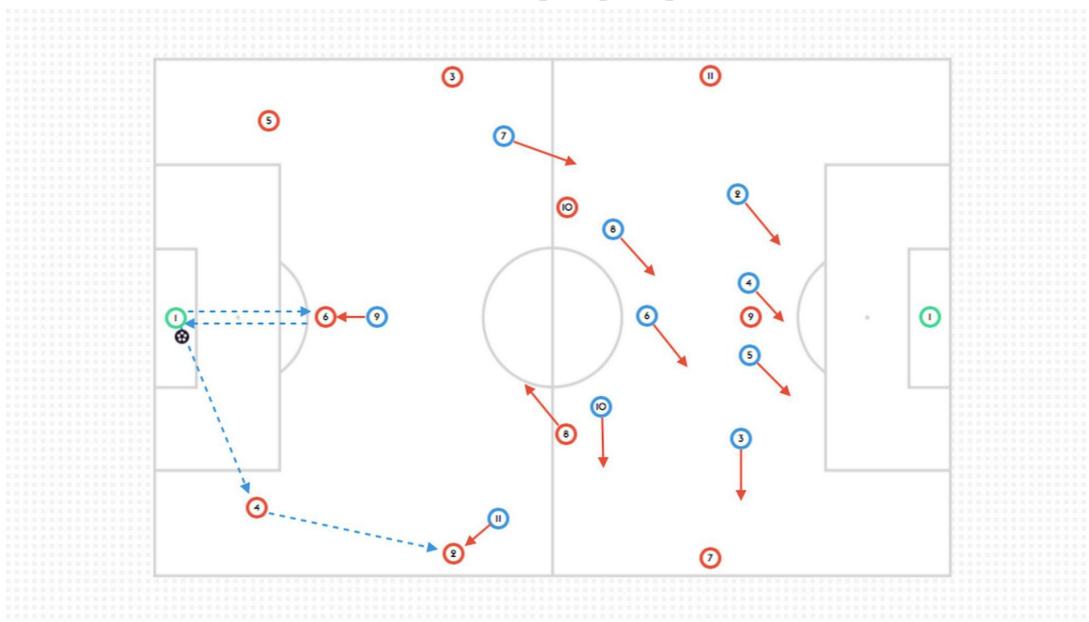




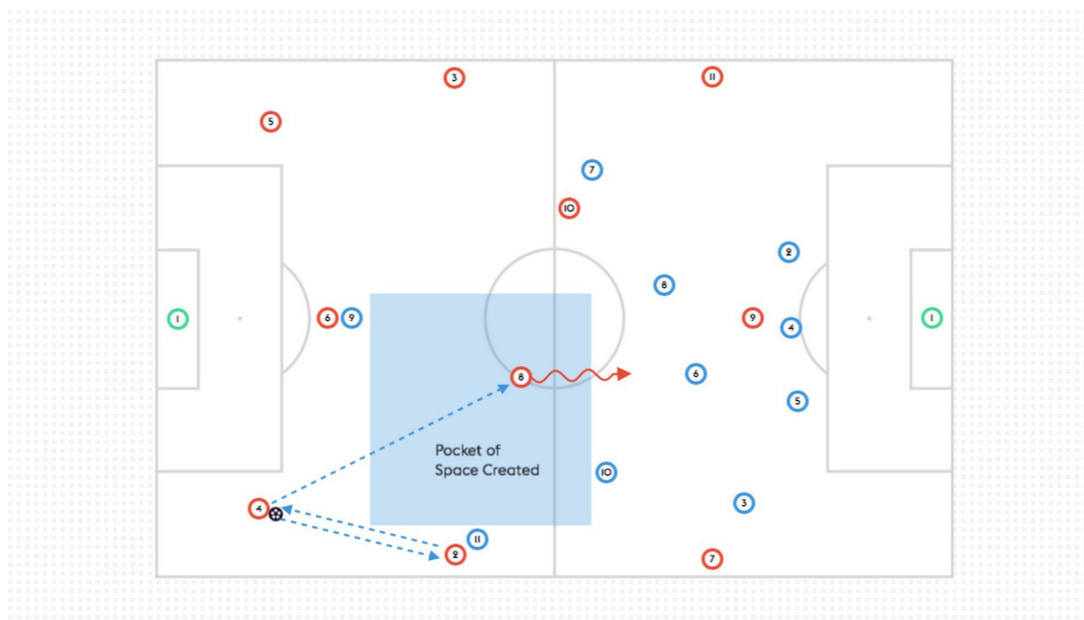
**Increased Useable Space when the team in possession does circulate the ball to players that are under pressure.**



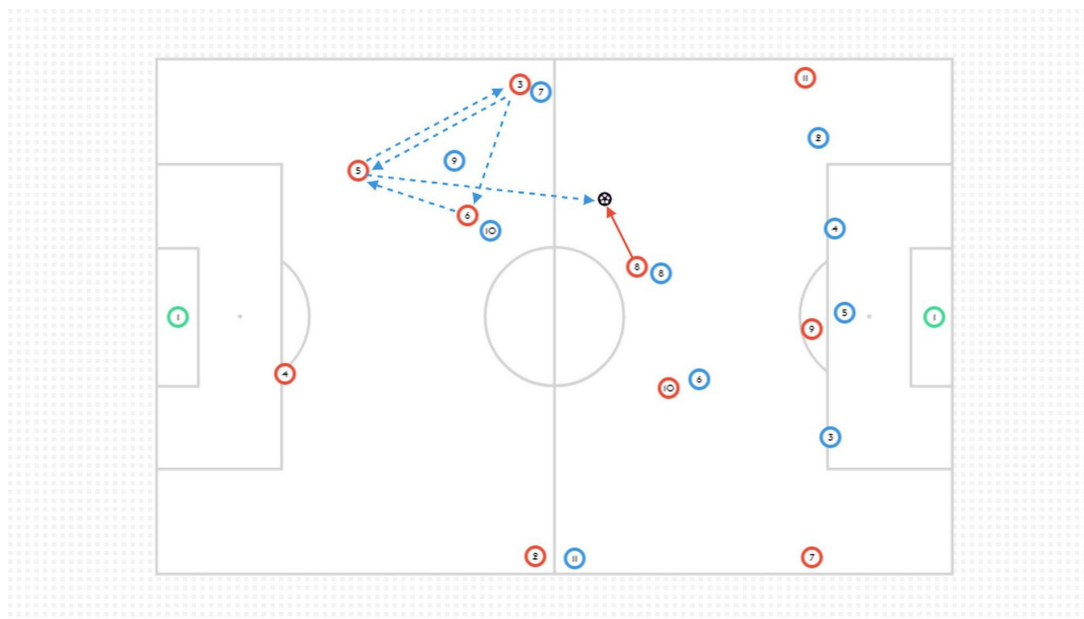
**Circulating the ball moves the Defence to 'Decongest' centrally. When the team DOES use players that are under pressure, the Defence are forced to pressure (width) and cover (depth).**



**The effect that this movement now has on the ability to penetrate into space.**



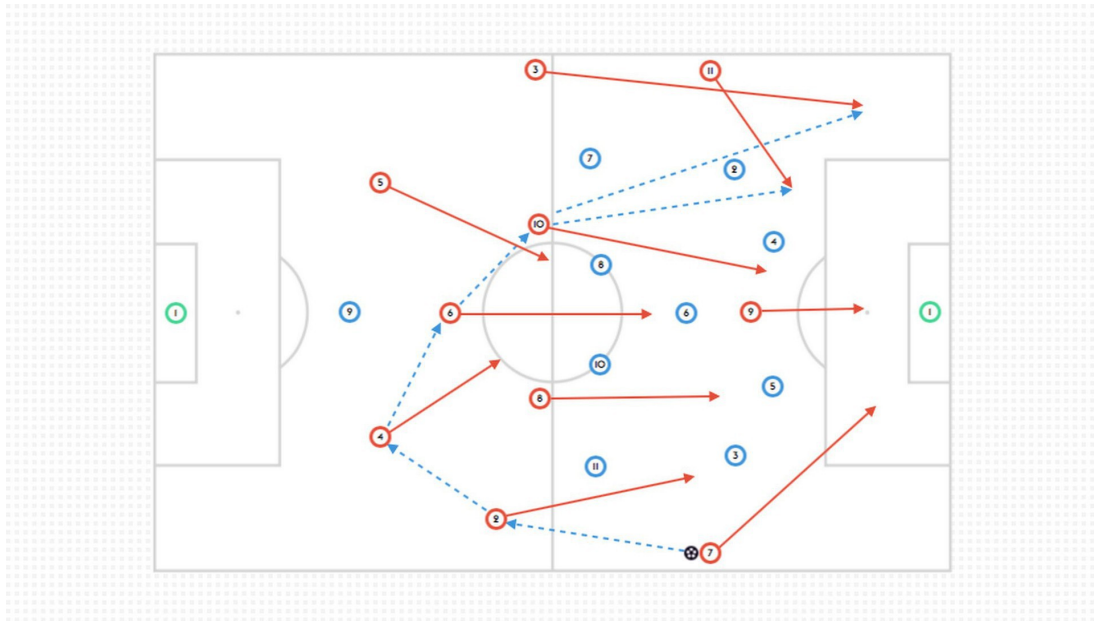
**Avoid pressing traps by varying the distance and tempo of passing to disrupt defence.**



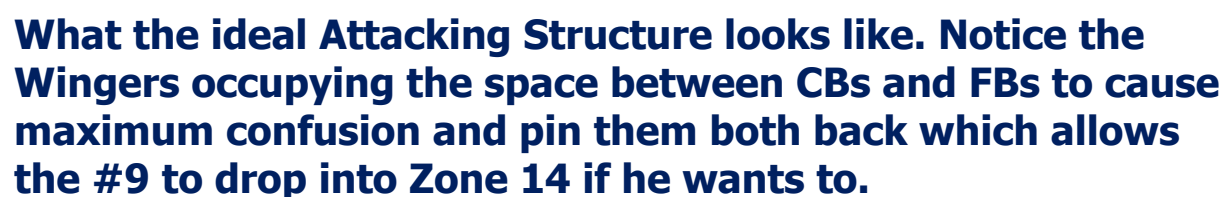
## **Sub Principle 2:** Create a positionally superior offensive structure.

- As the ball is circulated, the players use this time to advance up the field and **organize themselves in into a positionally superior offensive structure**.
- Players must read certain cues;
  - As the ball is on the strong side, can the weak-side Winger and Fullback **take up their positions?**
  - As the weak-side Winger and Fullback are starting to take up their positions, can the weak-side **#8/10 occupy the half-space?**
- The Ball **does not need to be forced forward** if not on. Instead, circulate the ball taking ground more gradually with players and the ball advancing as this happens. *"The faster it goes, the faster it comes back"*.
- Players are now better set up to win ball back if lost because there is less distance to cover (negative transition);
  - #6 and Centre Backs adopt a **'triangle position'** to allow them to react to and deal with **counter attacks** whilst still being involved in build-up play.

**Movements to Organize Offensive Structure (with arrows).  
Weak-side players read cues and take up positions).**

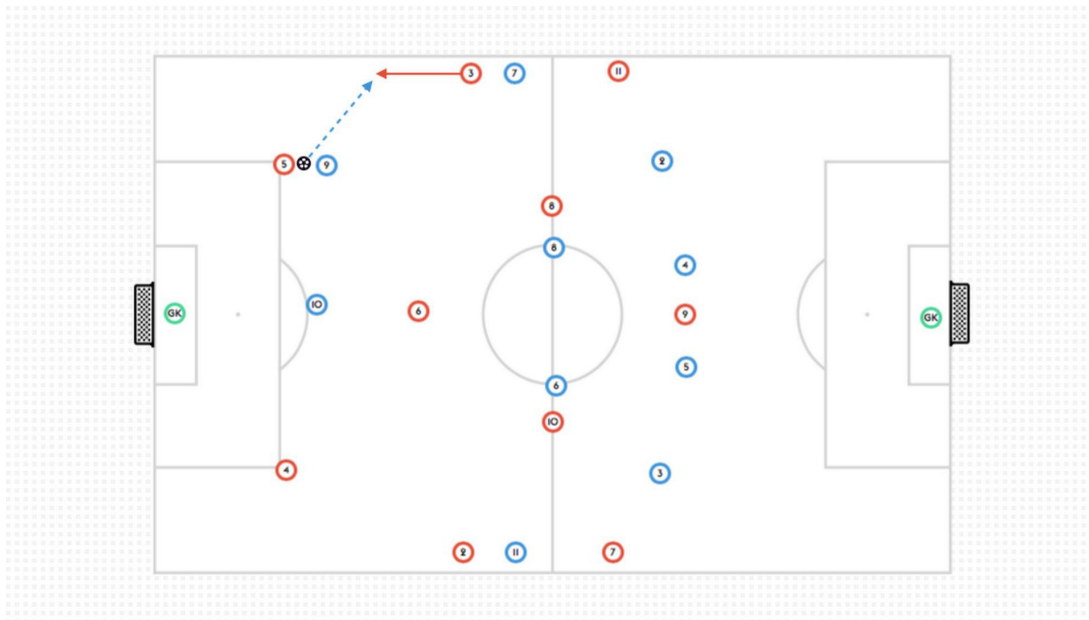


**Movements to Organize Offensive Structure as the ball is played** (without arrows), notice the alignment of the Centre Backs to help with the negative transition if the ball is lost.

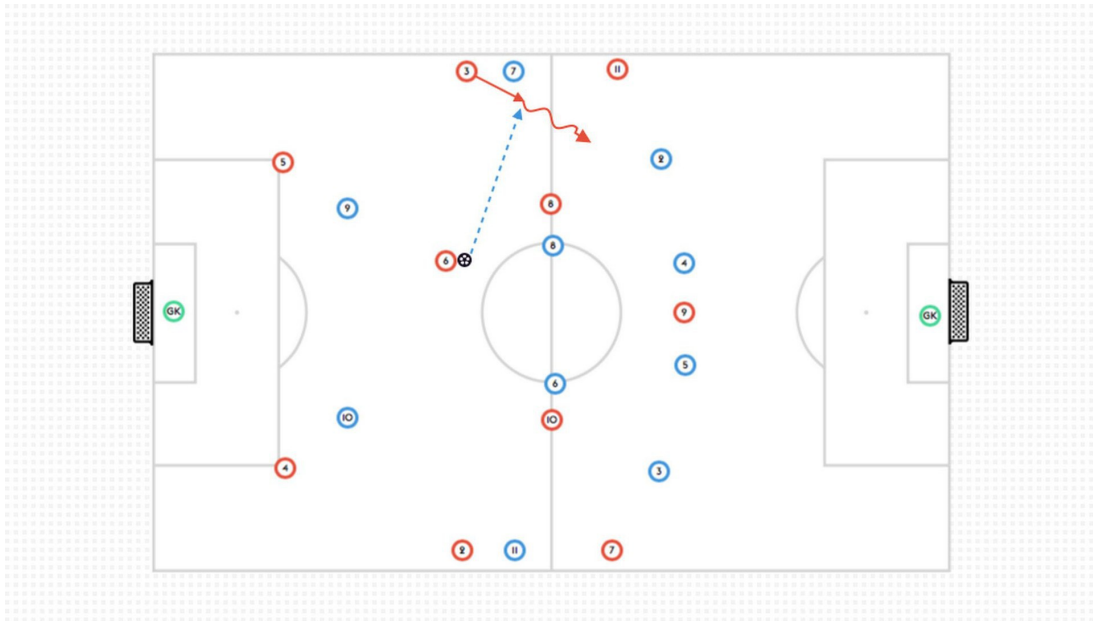


- The Full Backs look to provide the initial width to stretch play.
- The Full Backs must cover a lot of ground to;
  - Support level with and ahead of the ball when advancing, and
  - Drop down the line to support the Center Backs when they are pressed
- They must know;
  - When to penetrate
  - When to recycle and circulate the ball
  - When to cut inside and open up the field

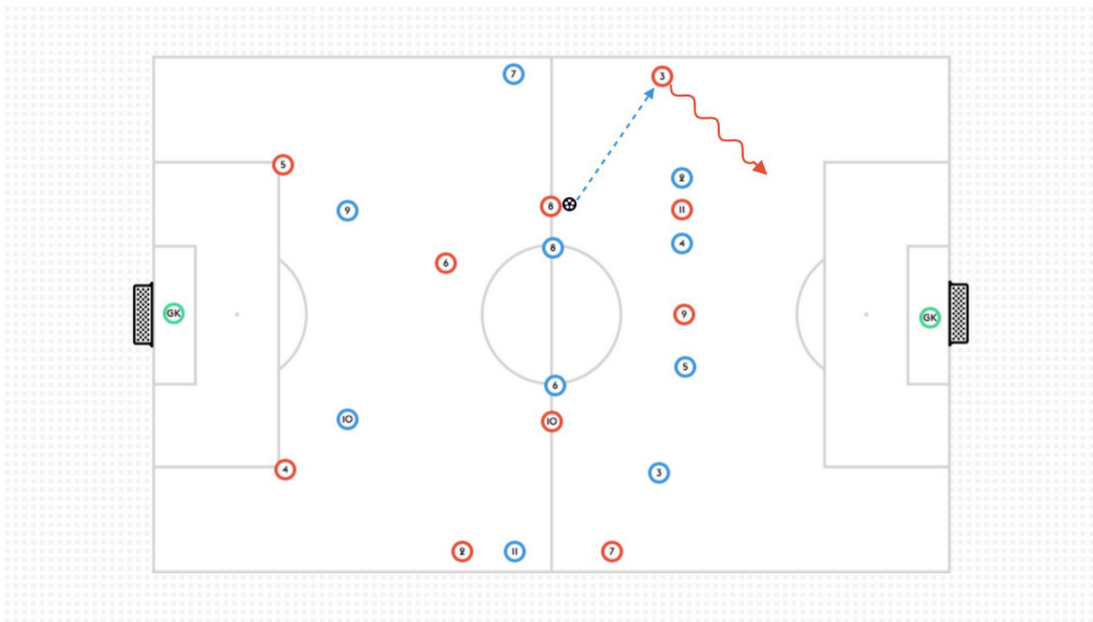
**Full Back Started high but dropped down the line to support the ball.**



**The Full Back supports play as the ball is moved up to half way.**



**The Full Back offers a penetrating option ahead of the ball.**

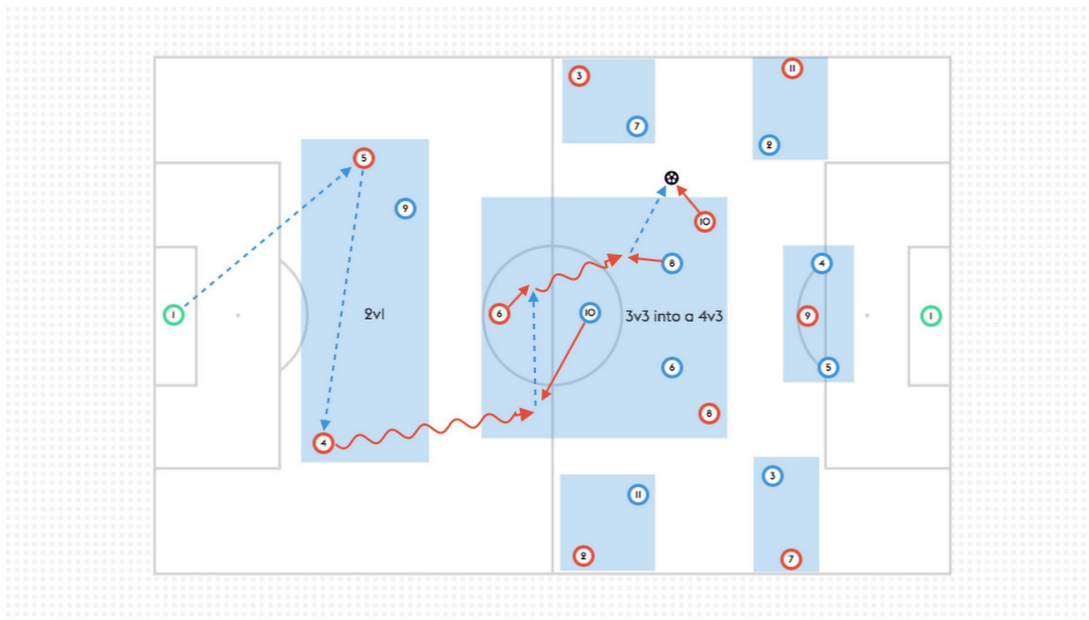




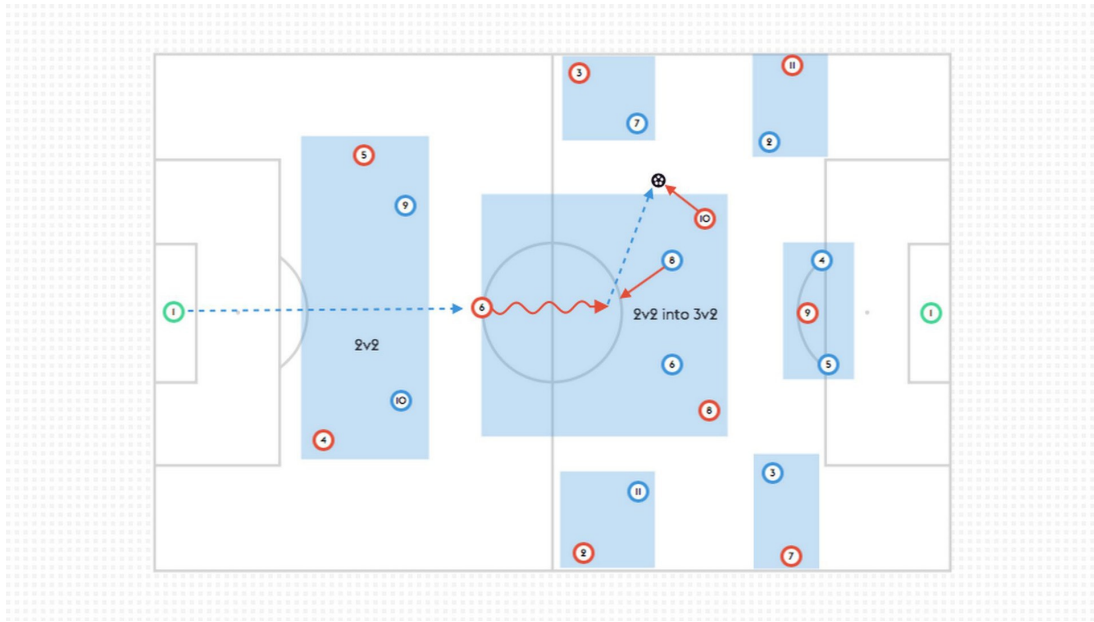
### **Sub Principle 4: Dribbling in Midfield to disorganize the defense.**

- Maintain the positional structure (**width & depth**) to provide space which allows dribbling to be effective & disruptive.
- **Engage defenders** in midfield to pull them out of their **defensive slots**.
- Players that were marked by these defenders now dismark to be able to receive.
  - Dismarking players must orient themselves to be able to **receive with purpose**.
- **Repeat the chain** (constant off the ball movement to help maintain the defensive disorganization).

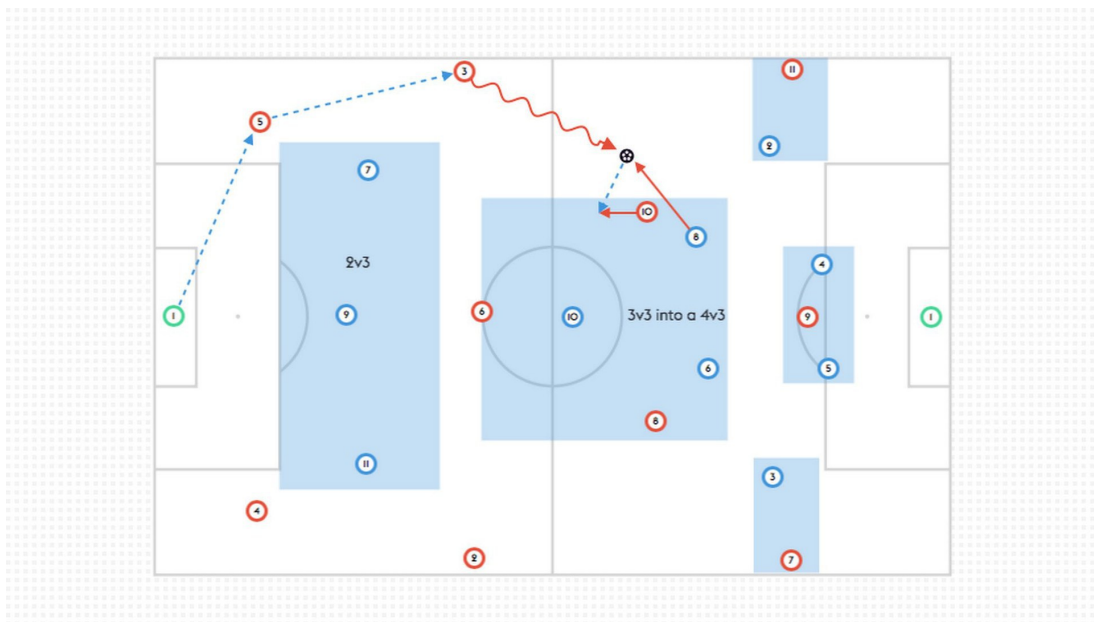
**The CB dribbling and the #6 dismarking to create Positional Superiority in midfield.**



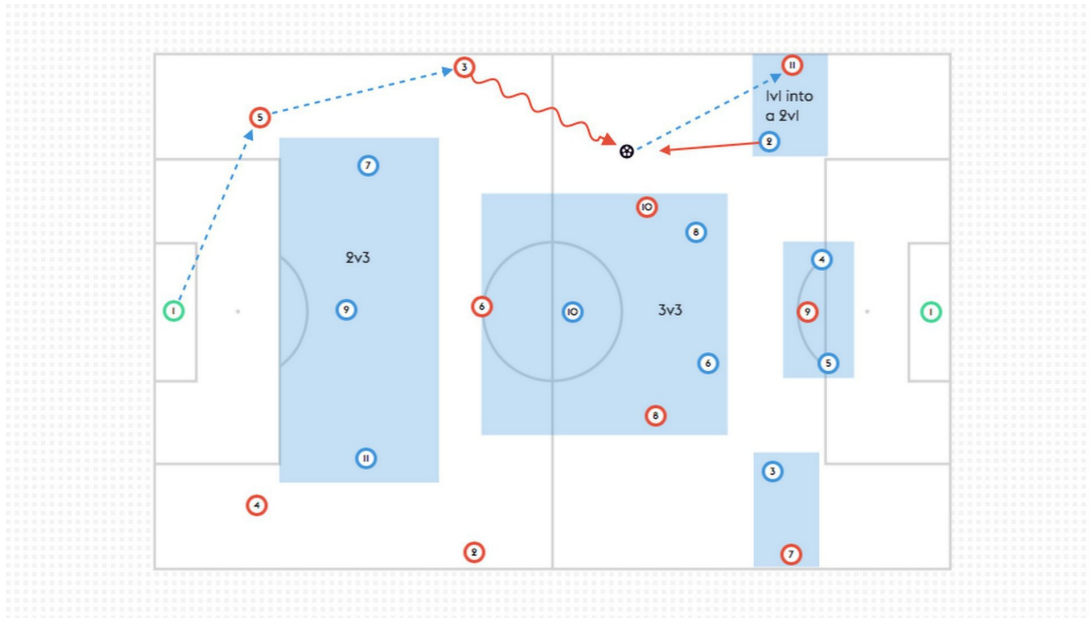
**The #6 dribbling into midfield and the #8 or #10 dismarking in the attacking third to receive the ball with purpose deep in the midfield.**



**The FB dribbling in-field and the #8 or #10 dismarking to receive with purpose from the FB.**



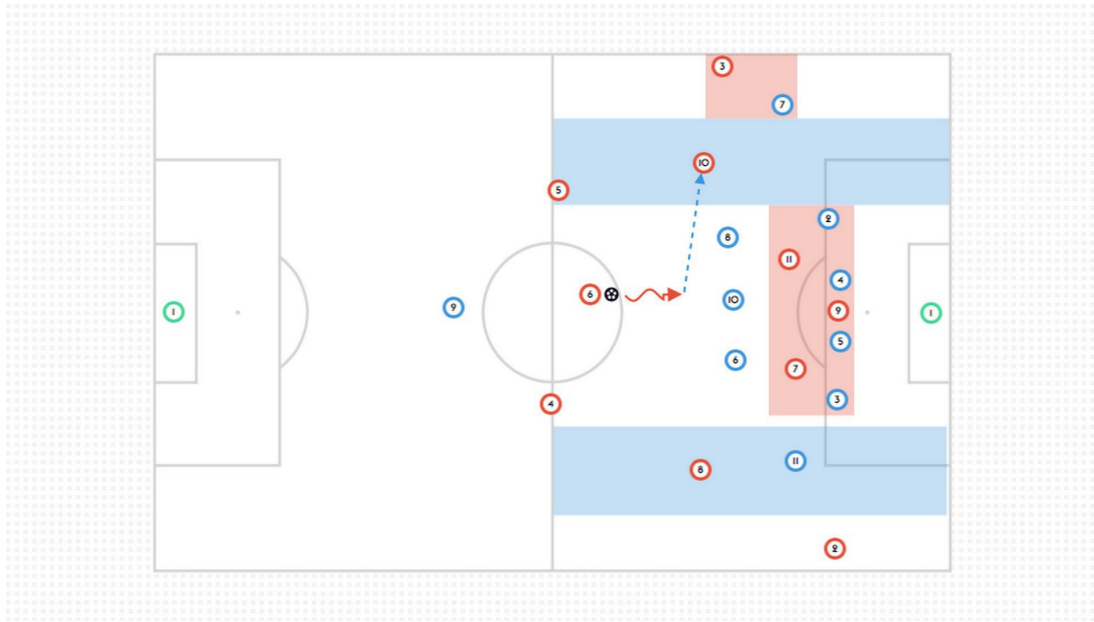
## The FB dribbling in-field and the #11 dismarking to receive with purpose from the FB.



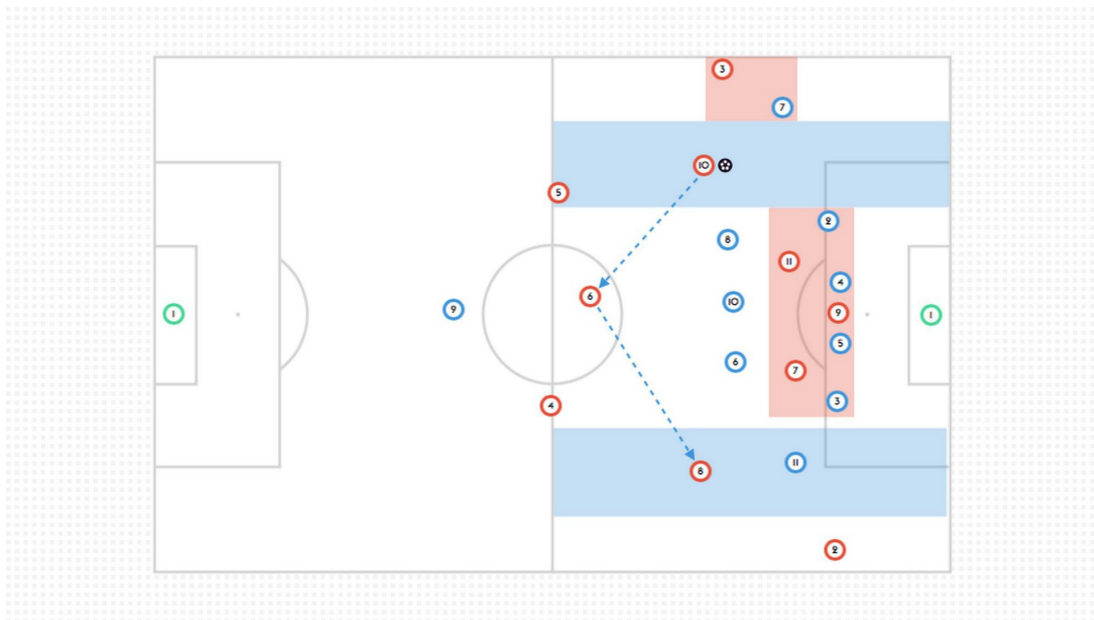
**Sub Principle 5:** Exploit the **offensive structure** to dominate the **half space**.

- Use ball circulation and dribbling to move the **#8 & #10** in to the **half spaces**.
- The offensive structure allows the players to take up positions that **fix defenders**, allowing the #8/10 to occupy the **half space** relatively unopposed.
- Occupying the **half space** allows the ball carrier to **penetrate with various types of through balls**.
- These movements are fluid and dynamic, not rigid or fixed.

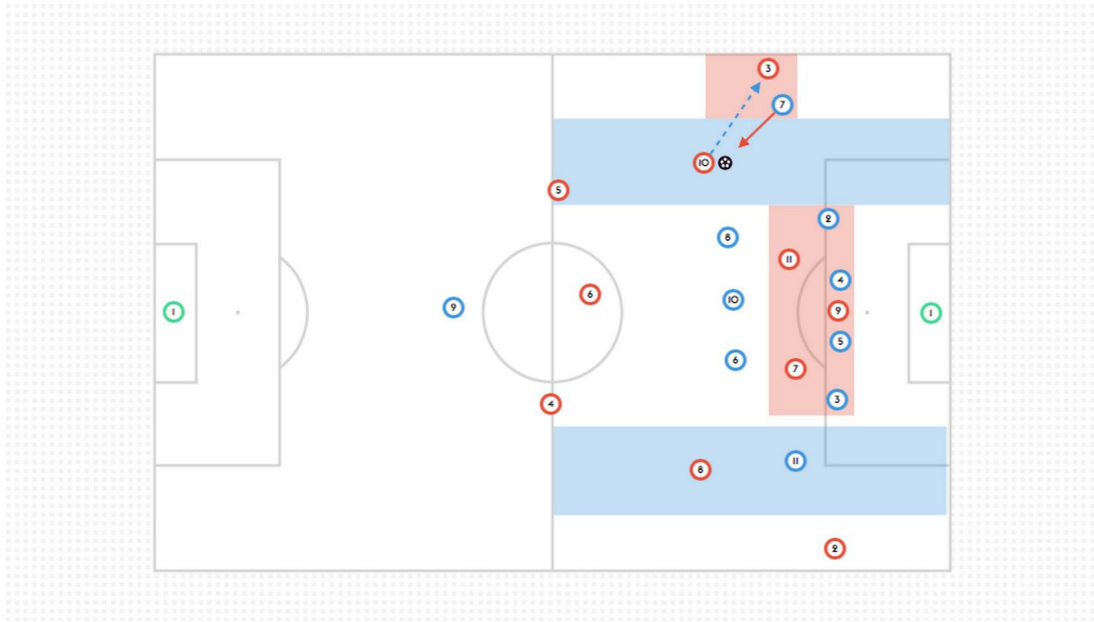
**The #10 receives in the Half-Space with time and space because Red #3, 6 and 10 all fix a defender.**



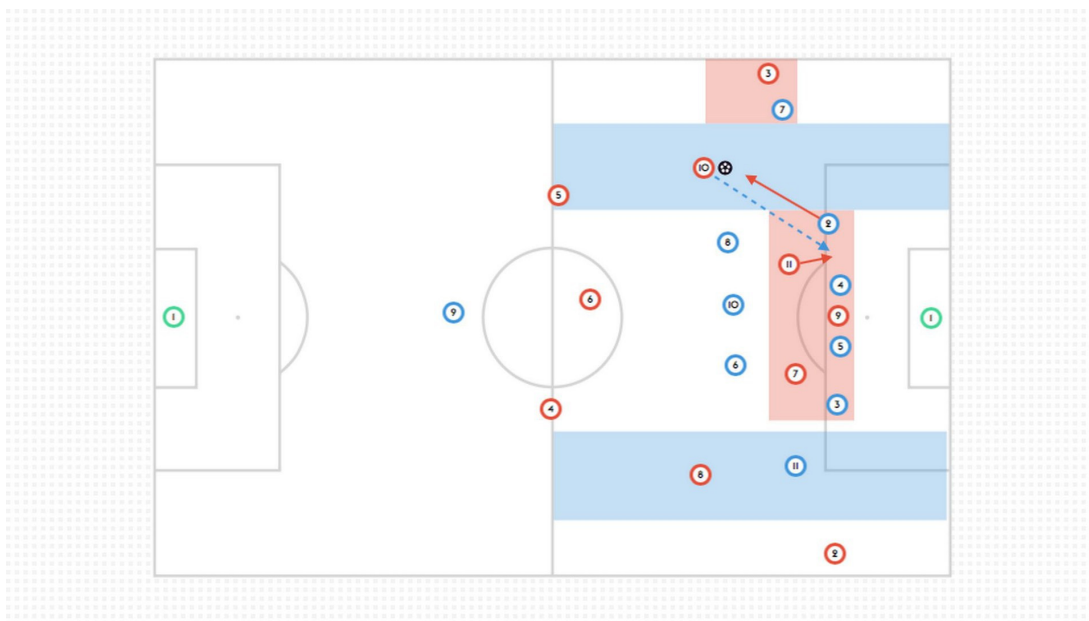
**The ball can be switched from Half Space to Half Space.**



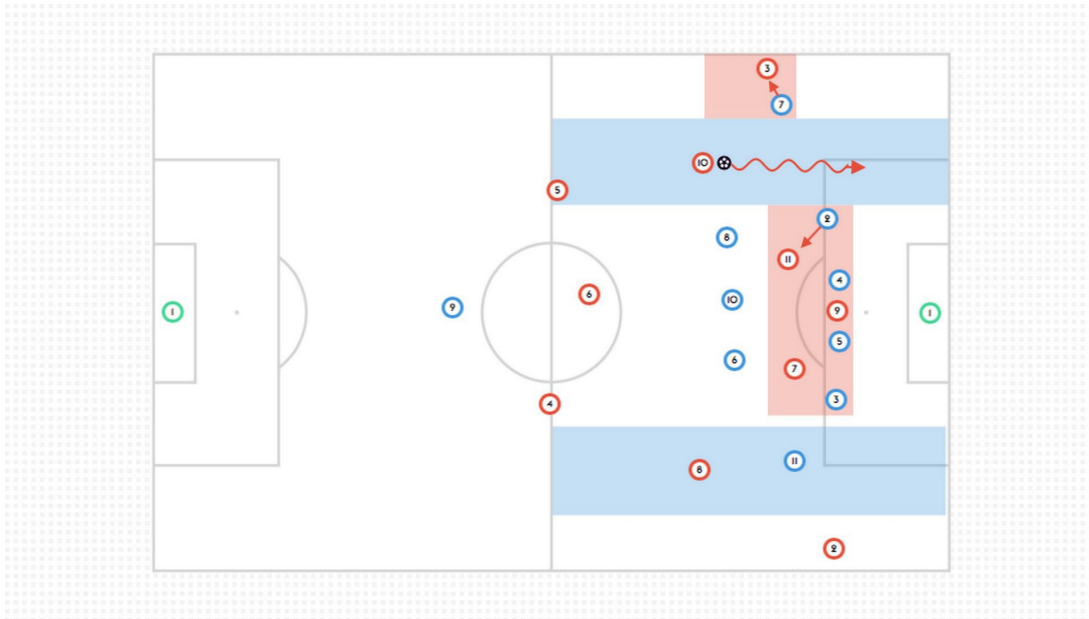
**The Defender pressures the #10 which releases the Full Back as the Free Man**



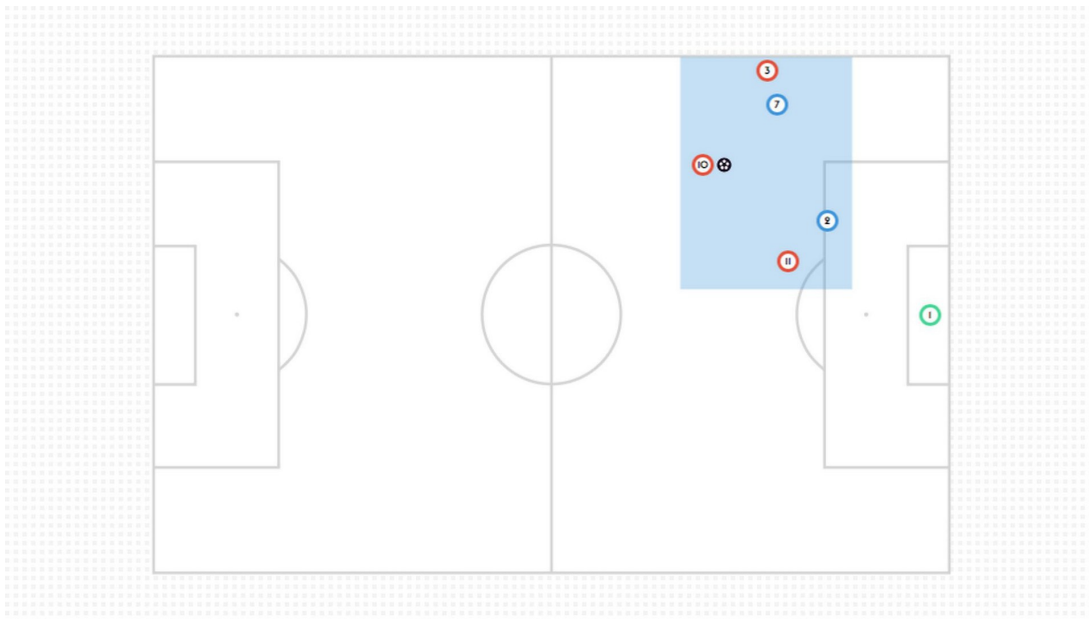
**The Defender follows the Full Back, who makes a double movement, so a through-ball can be played**



**All defenders stay with their players leaving space for the #10 to dribble through the Half-Space.**



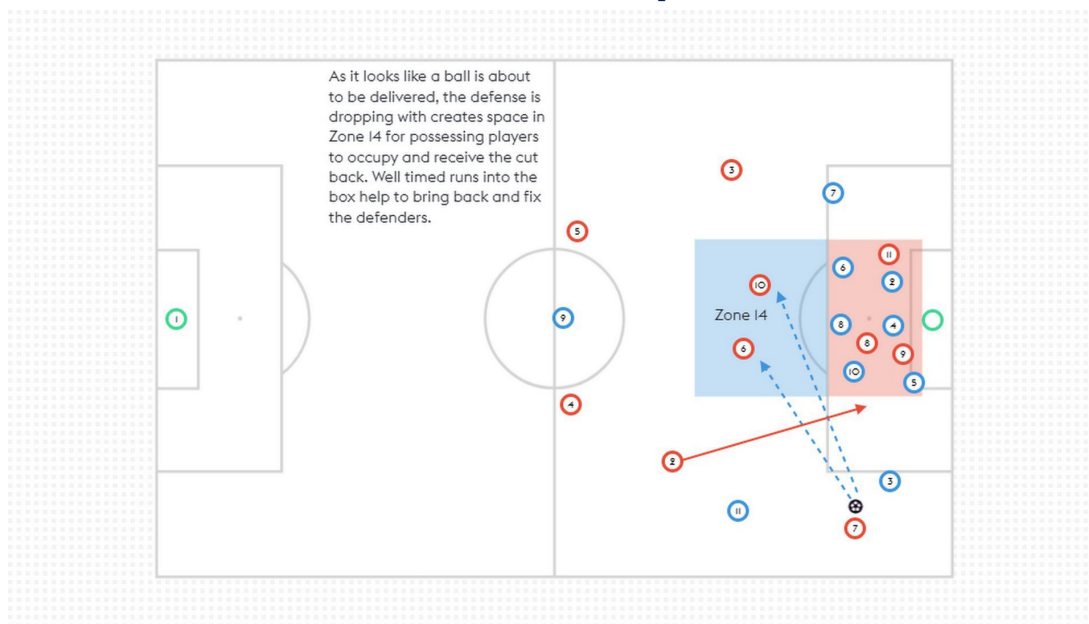
**The Classic 3v2 which coaches can easily prepare for in practice.**



**Sub Principle 6: Dominate and exploit Zone 14.**

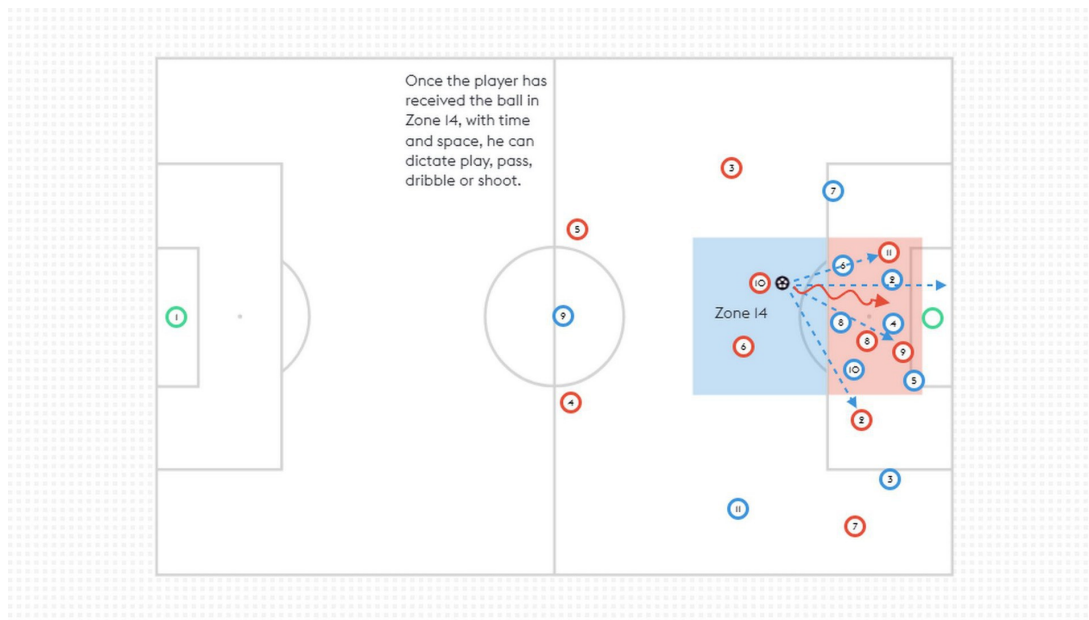
- Using the positional principles of this Game Model, to dominate **Zone 14** by:
  - Occupying it.
  - Playing in it.
  - Passing in it.
  - Passing through it.
  - Assisting from it.
  - Dribbling through it.
  - Shooting from in it.

**As the defence drops to cut out a cross or tracks back with runners, players can stop their run and stay in Zone 14 (where the defence has just vacated) to receive the ball with time and space.**



**Now that the players have received the ball with time and space, they can dictate play from this area.**

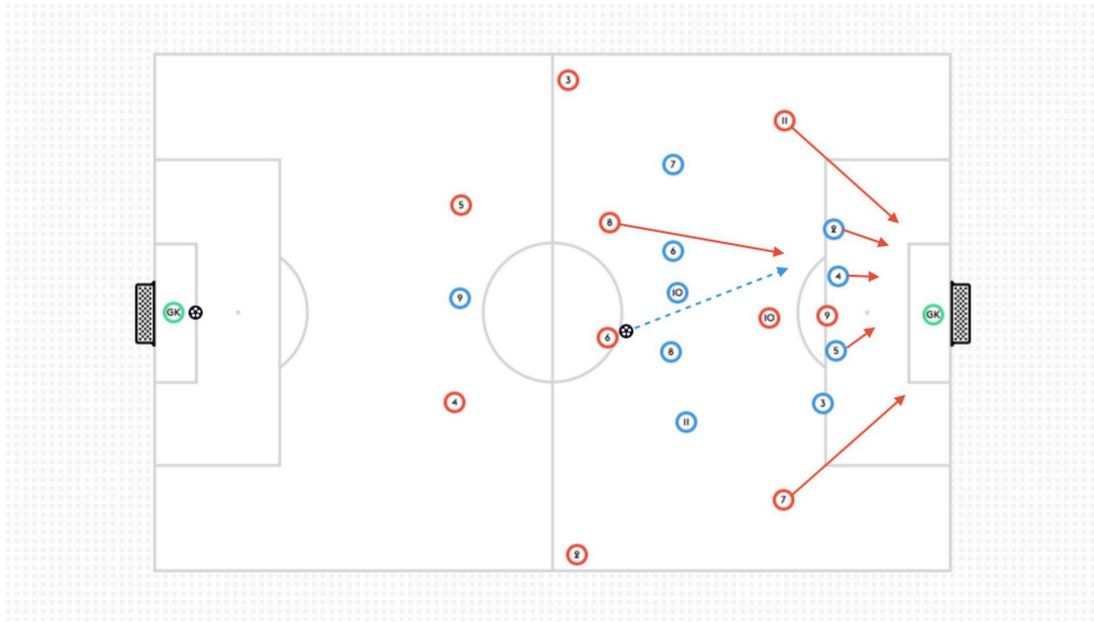




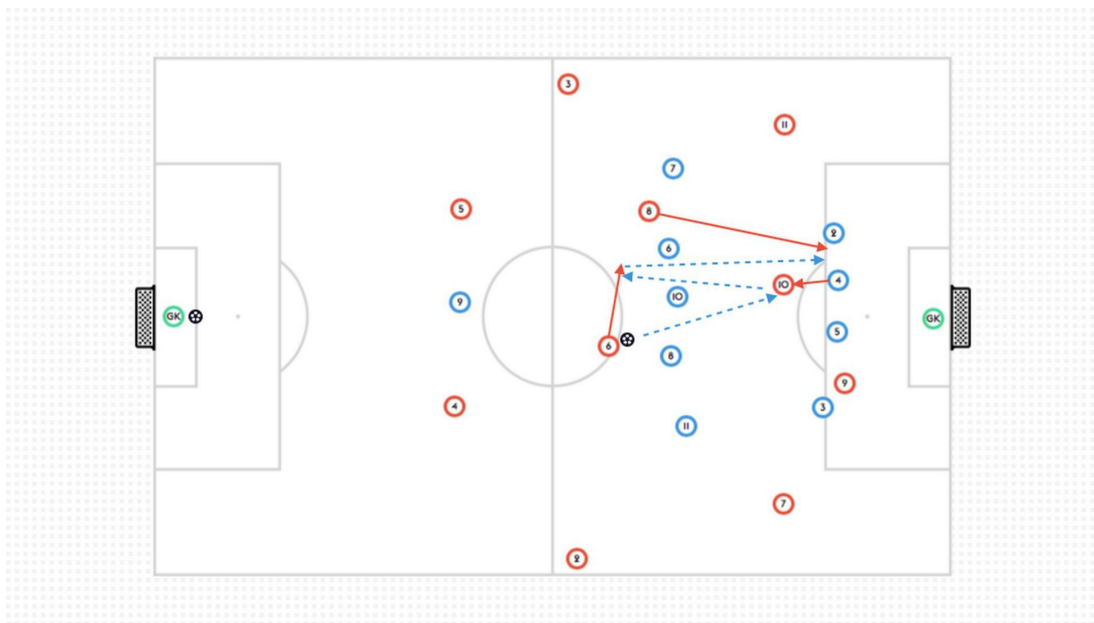
**Sub Principle 7:** Penetrating runs from midfield cause panic, knee-jerk reactions and time and space to use the ball.

- **Penetrating runs from midfield** into the final third/penalty area.
  - **'Give and Go'/'Wall Passes'/'1-2 passes'** to stretch and get in behind defenses.
  - **Third Man Runs** (it's the 2<sup>nd</sup> man that creates the forward depth).
  - **Double Movements** - *"One run for the defender, one run for me"*.
  - **Runs from Deep.**

**Penetrating Runs from Midfield** – The off the ball movements of the wingers have pulled the defense back allowing space for the #8 to receive the ball in.

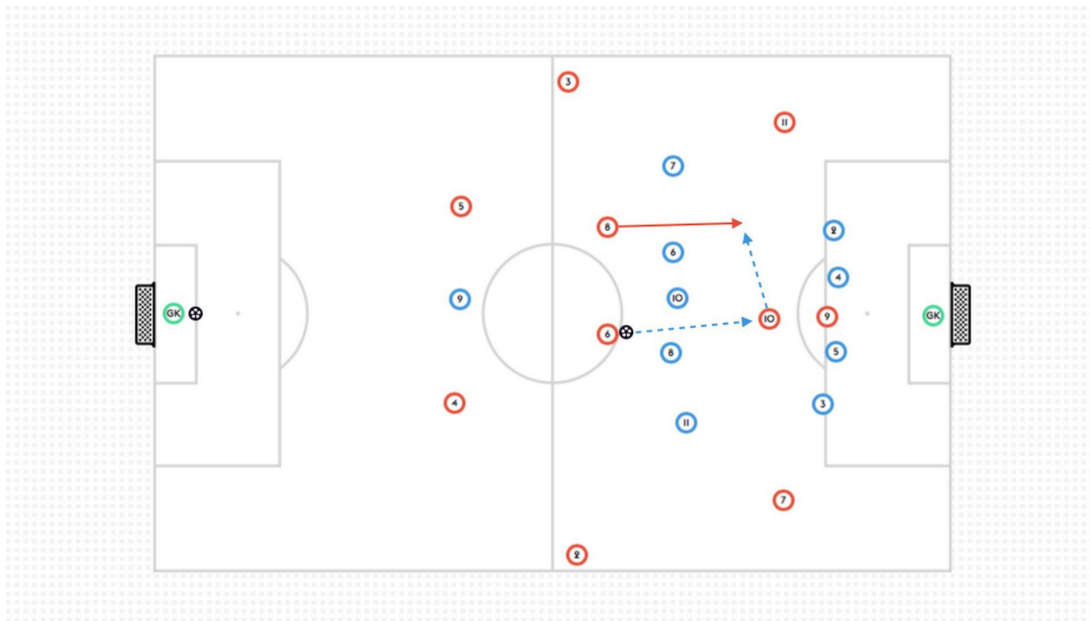


## Penetrating Runs from Midfield

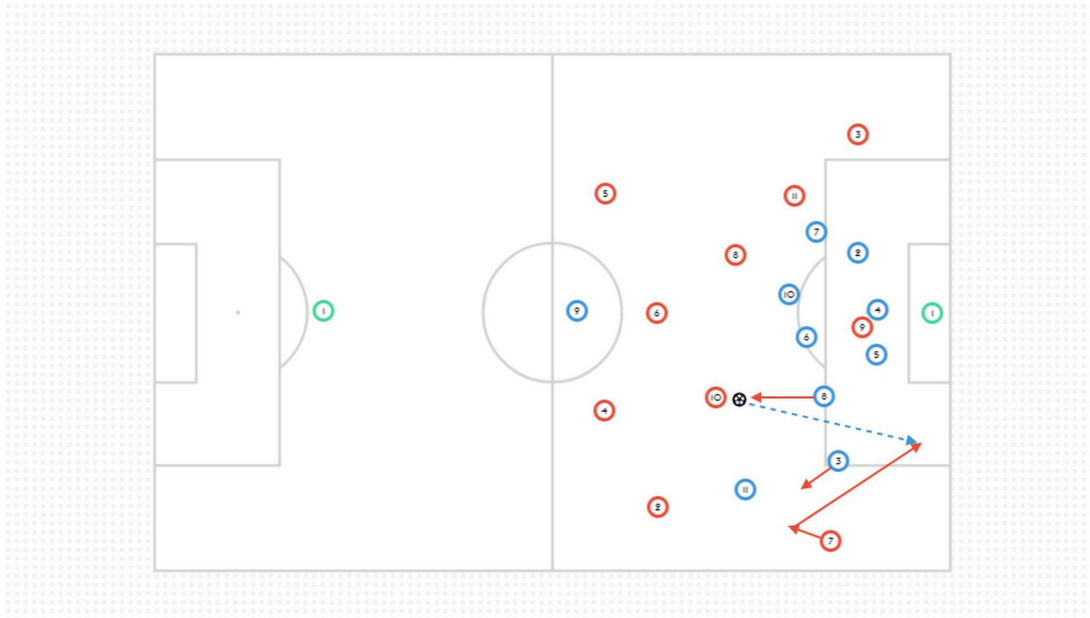




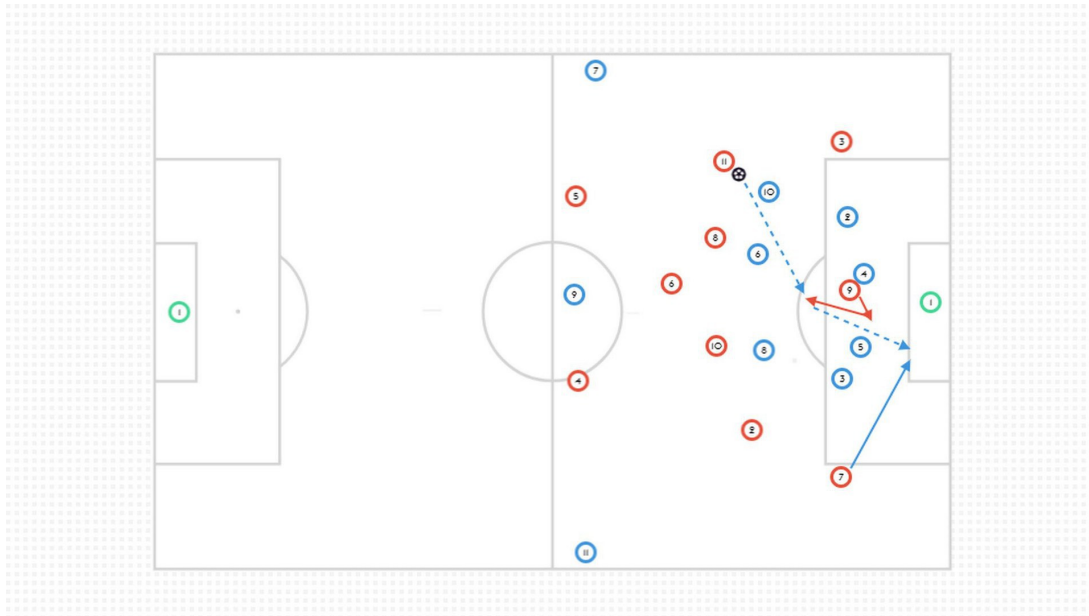
## Third Man Movements to penetrate.



## Double Movements: "One run for the defender, one run for me".



**Double Movements: #9 starts high to keep CBs high, he then makes a double movement to create space to receive the ball.**

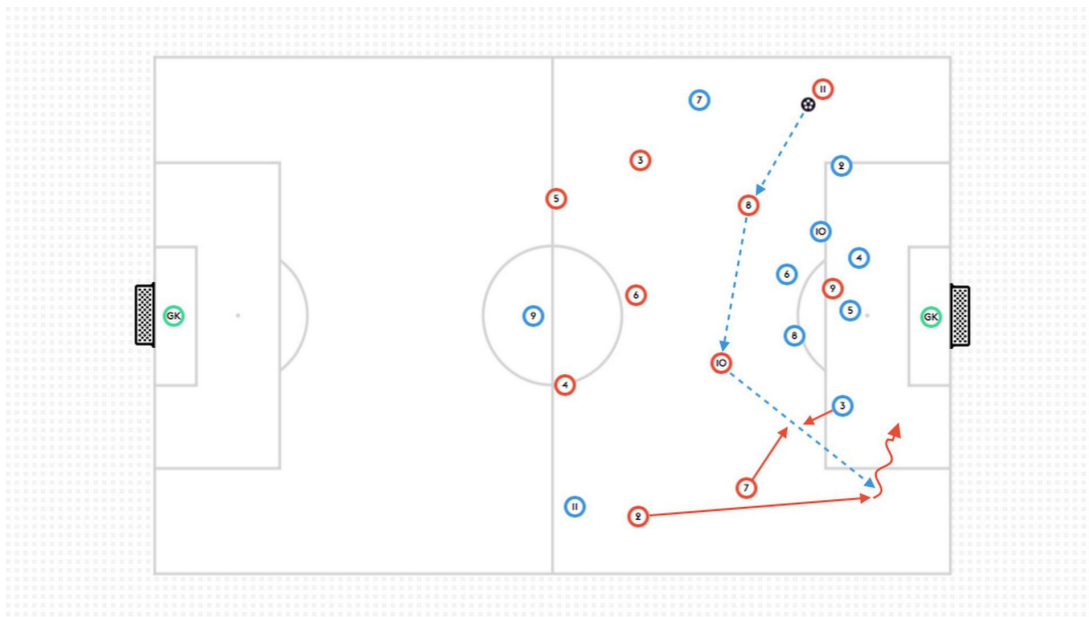


### **Sub Principle 8: Switch & Run.**

- **Circulate the ball** (vertically and horizontally) to **attract defenders (overload)** and to allow players to take up their attacking positions.
- Circulate the ball to players who are **under pressure** to encourage the opposition to press (**overload**), pulling them out of their defensive slots.
- Weak-side Wingers and/or Fullbacks **maintain width** as the **Free Man (isolate)**.
- As a defensive press starts to build from the opposition, the supporting players need to **instantly recognize** that a switch is on and:
  - **'bowl up'** and **dismark** to provide the necessary tactical shape to facilitate the switch
- Switch the ball and find the **Free Man**.
- Search for **qualitative superiority**. *"Get your best attacking player running at, and beating, defenders".*

- With more advanced teams the balance of the team can be manipulated by the coach to have stronger players matched up against weaker players.

### Switch and Slice. Overload to Isolate.

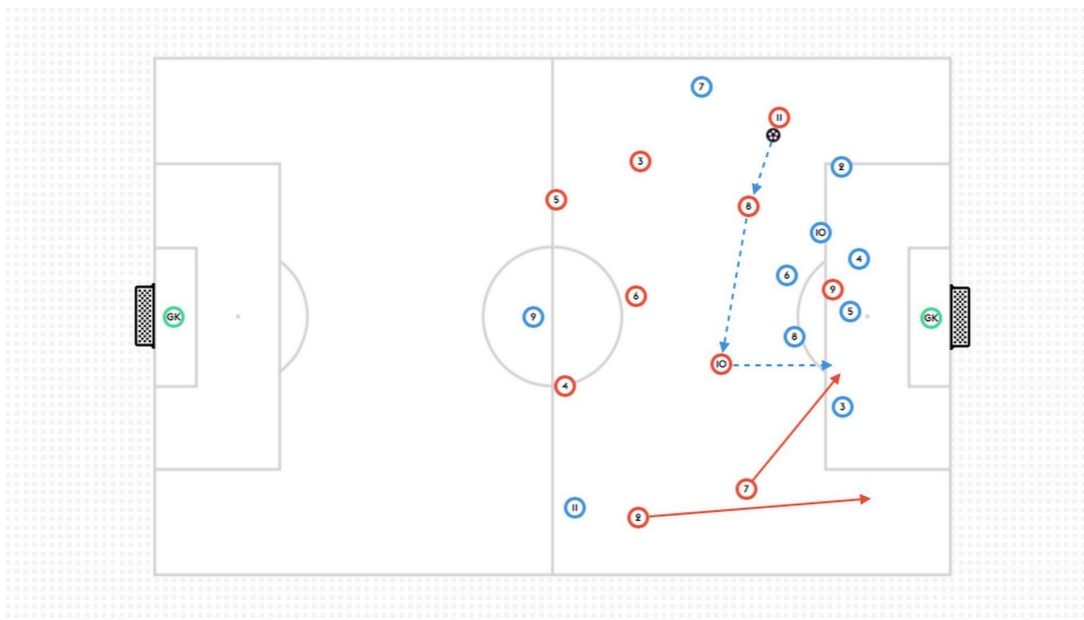


### Sub Principle 9: Switch & Slice.

- **Circulate the ball** (vertically and horizontally) to attract defenders (**overload**) and to allow players to take up their attacking positions.

- Circulate the ball to players **under pressure** to encourage the opposition to press (**overload**), pulling them out of their defensive slots.
- Weak-side Wingers and/or Fullbacks **maintain width**.
- As a defensive press starts to build from the opposition, the supporting players need to **instantly recognize** that a switch is on and:
  - **'bowl up'** and **dismark** to provide the necessary tactical shape to facilitate the switch
  - **dismark**
- Now look to **penetrate centrally** instead (*This is a 'set-up' so the defensive team may anticipate a switch (like before) and scramble to cover the weak side, leaving the center of the field relatively unprotected*).
- Switch the ball and find the **Free Man (isolate)**.
- Search for **qualitative superiority**. *"Get your best goal scorers in on goal with time and space"*.

**Switch and Slice to penetrate centrally.**



**Moment of the Game:** In Possession

**Macro Principle:** Dominate positional play to create and finish scoring opportunities.

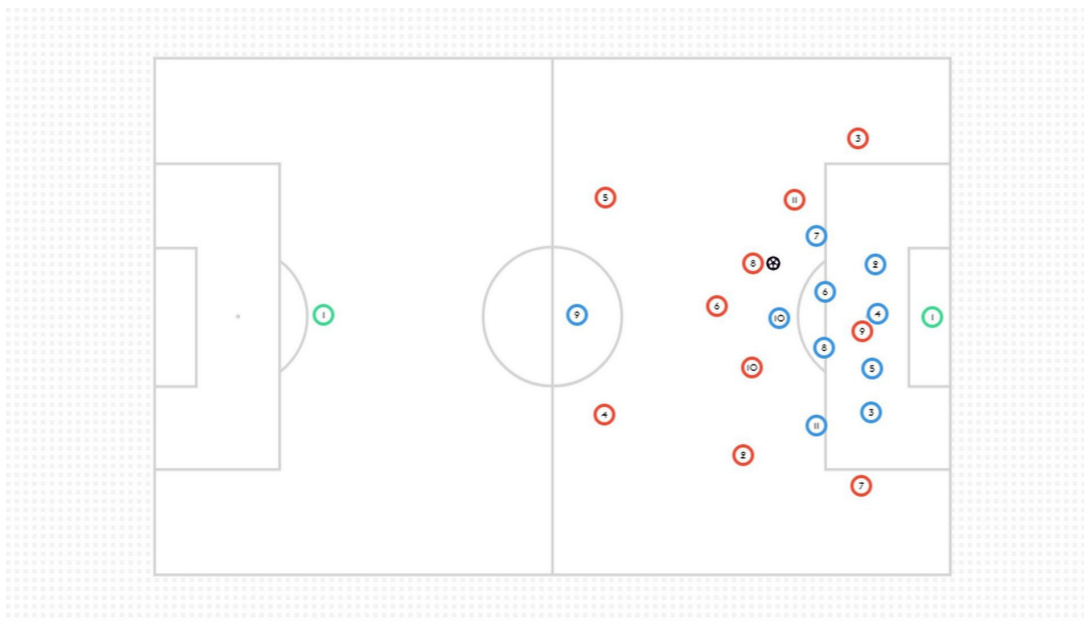
**Finalisation Phase Principle:** Creating and Finishing with large numbers.

**Sub Principle 1:** Move players **deep** into the attacking third.

- Goal Keeper and Centre backs create a high back-line, forcing the attacking players closer to the opposition goal.
- Wingers, Fullbacks & #9 get high in order to **occupy and fix** the opposition's defensive players.
- #9 operates close to the opposition goal and **occupies more than one defender**, preventing them from pushing up (**providing space** for the #8 & #10 to operate).
- The #6, #8 & #10 get closer to goal and overload the midfield, occupying the space created by their #6, #8 & #10.

**Move players closer to goal.**



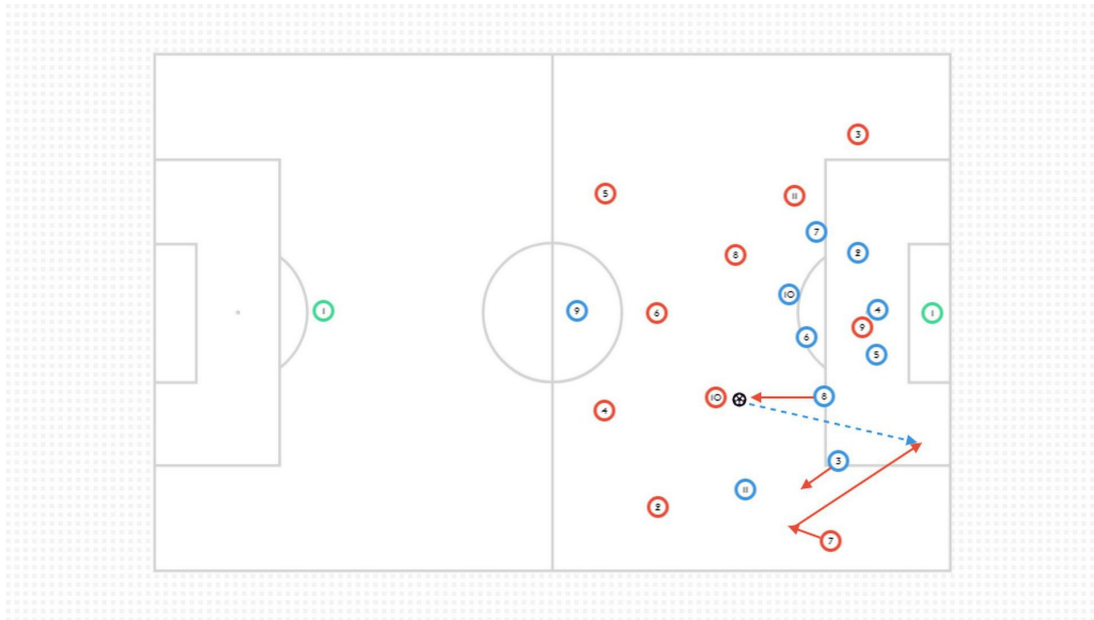


**Sub Principle 2:** Exploit space in behind the defence.

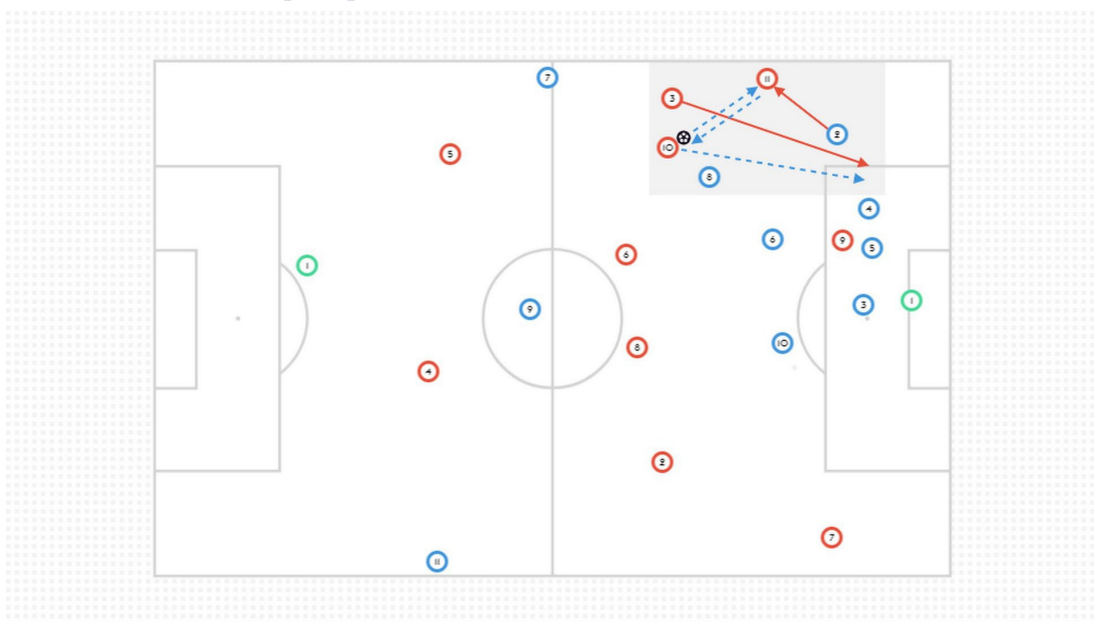
- **Quick, short ball circulation** to encourage defenders to press, drawing them out of position.
- Don't be afraid to circulate the ball to **players under pressure**, attracting defenders to the ball, providing space elsewhere to penetrate.
- **'Give and Go'** or 'wall' passes to quickly and aggressively get in behind the defense.
- **Third Man Runs** to get in behind the defense.
- **'Double movements'** (either move high to create space to check back into or come short to create space to run into behind).
- #7 & 11 can now start to **lose their width**, making aggressive, diagonal runs in behind defense (**cue for Full Backs to overlap them**).
- If defensive block is hard to break down, then a False #9 can attract defenders out of their slots, creating space for other players to run into.

**Exploit space in behind defenders with 'Give and Go' passes.**





**Quick, short circulation of the ball to players under pressure to draw players out of their defensive slots.**



The diagram illustrates a soccer field with player positions and movement paths. Red circles represent one team, blue circles represent another, and green circles represent the goalkeeper. Dashed blue arrows show a sequence of passes between players 10, 11, 10, 6, and 12. A solid red arrow shows a shot from player 7 into the goal.

[illegible]

The diagram illustrates a soccer field with player positions and movement paths. Red and blue circles represent players, numbered 1 through 11. Dashed blue arrows show a sequence of movements from player 11 to player 1. Solid red and blue arrows show other player movements.

### Sub Principle 3: Attack the box aggressively with large numbers

- *Llegar, no estar!* Arrive, don't be!
- Aggressive 'Mind Set' – be first to the ball and get the ball across the line at all costs.
- Deliver the ball to the predefined zones:

## 1. Zone 14

## 2. Penalty Spot.

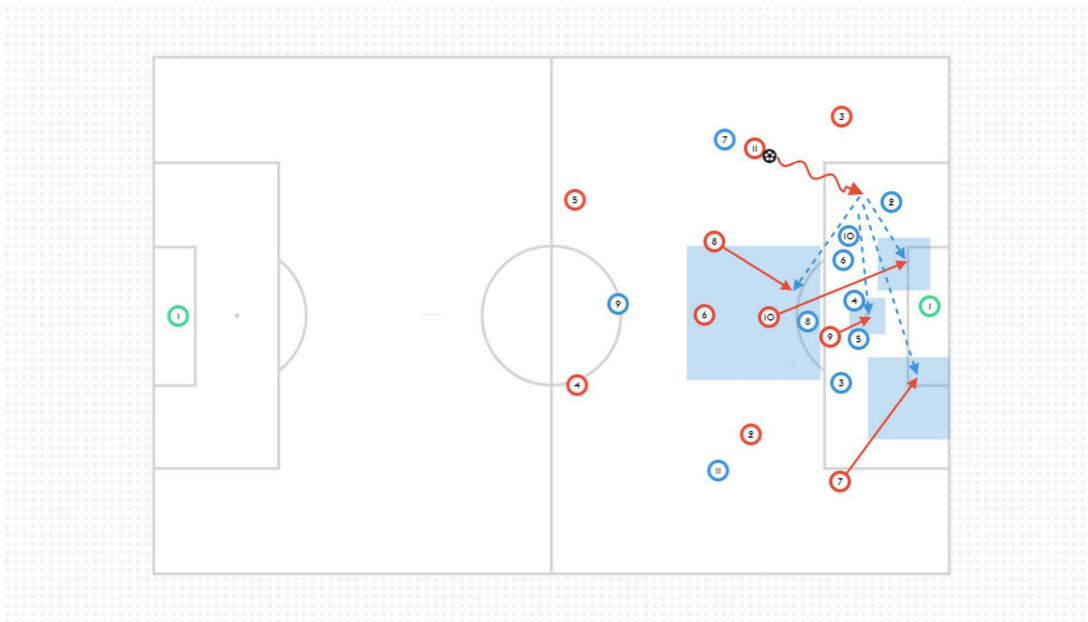
### 3. Front Post.

## 4. Back Post.

- Just because the predefined zones are set, do not be static or predictable with your runs:
  - Feints (one way then the other)
  - Stutters
  - Dummy runs
  - Blind side runs
  - Curved runs

- Wide players can now lose their width and attack the box.

**Attack the predefined zones, with large numbers.**



**Moment of the Game:** Negative Transition (potentially the most difficult and multifaceted moment of the game).

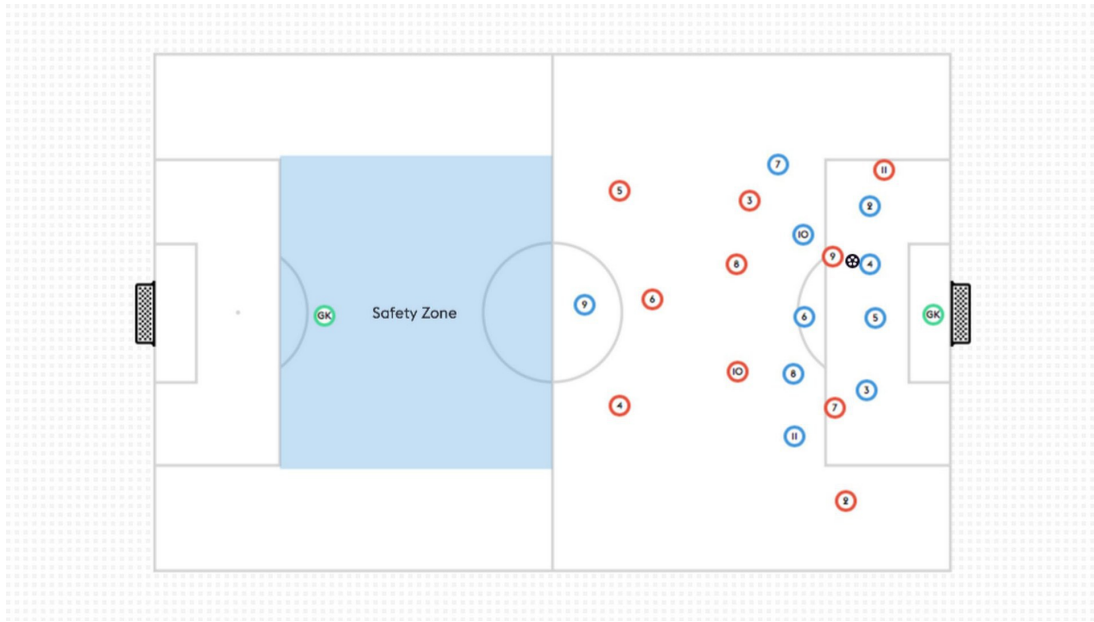
**Macro Principle:** Prevent the ball from being advanced. - *"If the ball is lost we run forward instantly, if the ball is won, we run back".*

**Sub Principle 1:** Aggressively Counter Press for 5 seconds.

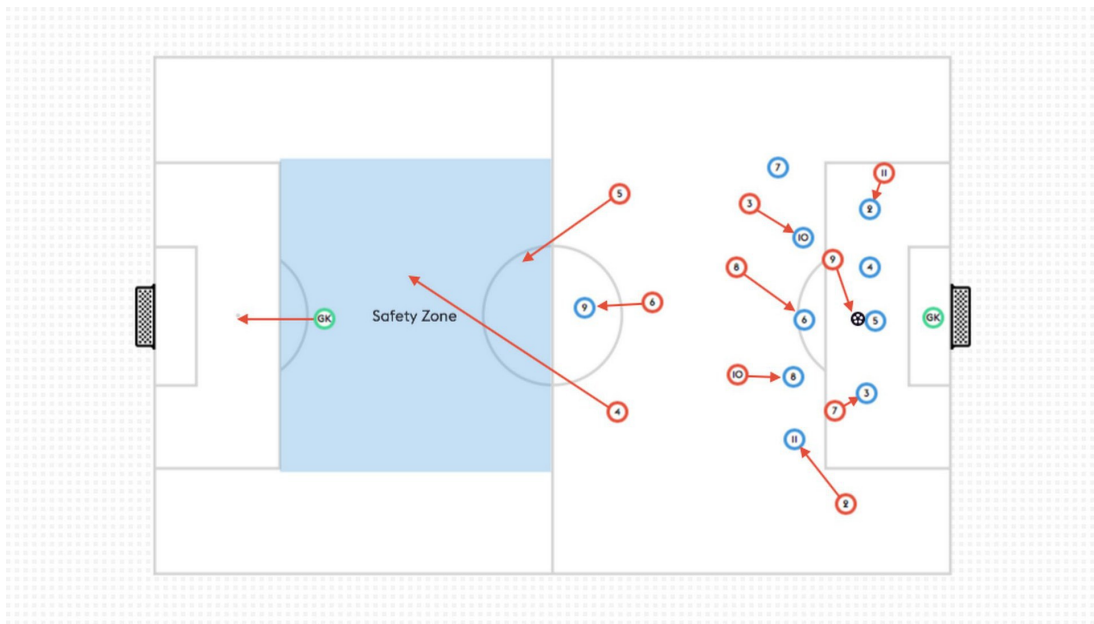
- Rapid change of **collective attitude from offense to aggressive defense.**

- Instantly **pressure the ball carrier** (double team if possible) and his **immediate passing options**.
- Prevent the ball from being forward and/or wide out of pressure, force the ball central and backwards into aggressive pressure.
- If team cannot prevent the ball from being advanced, at least **slow it down** to allow the team to **defensively organize** behind.
- Forwards and Midfielders instantly and aggressively move forward to **mark and press potential receiving options** around the ball.
- **Centre Backs & #6** use this time to drop and be able to cover a long counter attacking balls, **protecting the Safety Zone** behind them.

**Red #9 (striker) has the ball and is trying to score.**

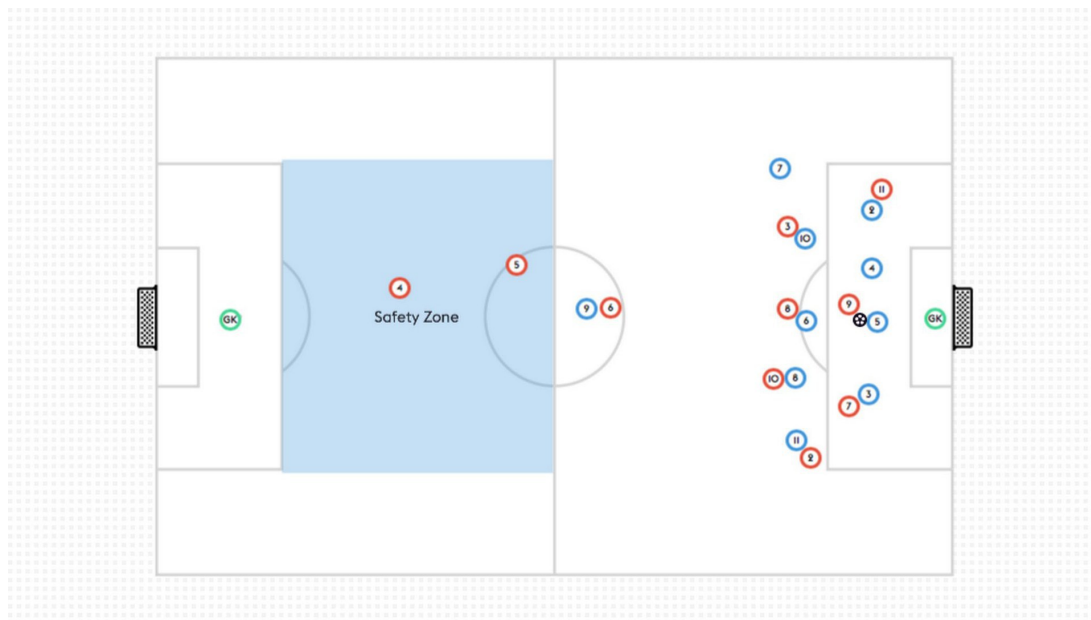


**Blue # (CB) just won the ball and the Red Team aggressively counter press (with markings).**





**Blue # (CB) just won the ball and the Red Team aggressively counter press (without markings).**



**Sub Principle 2:** If the ball is not recovered within 5 seconds then defensively organize.

- (see graphics on 'Defensive Organization').

**Moment of the Game:** Defensive Organization

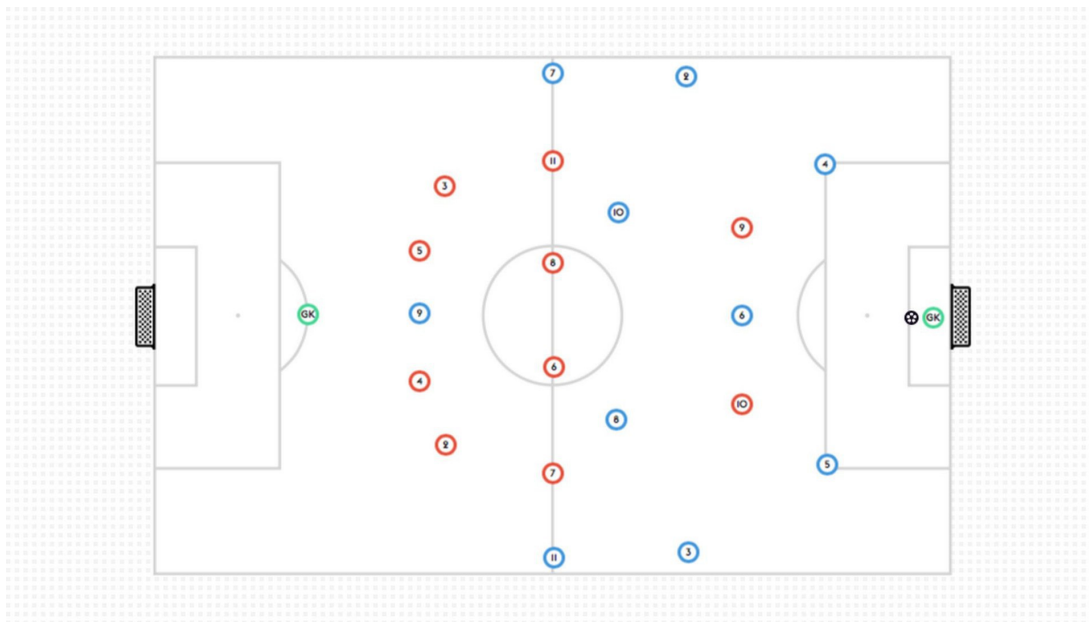
**Macro Principle:** Compact centrally and deny central penetration.

**Build Up Phase Principle:** Deny build up in the attacking third.

**Sub Principle 1:** Adopt a 4-4-2.

- All players adopt compact and neutral starting point to disguise their intentions in a **4-4-2**.
  - Defenders are marking space but close enough to press their player once the ball is played.
  - Defenders are 'inside & behind' of the attackers, compacting more centrally.
- The #9 & #10 post up and inside of the two Centre Backs as a two.
- Midfield form a line of four.
- Defensive unit forms a compact line of four.

**Adopt Neutral Starting Positions in a 4-4-2**



## **Sub Principle 2:** Reduce the useable field space (Blue Area).

- **Front two –**

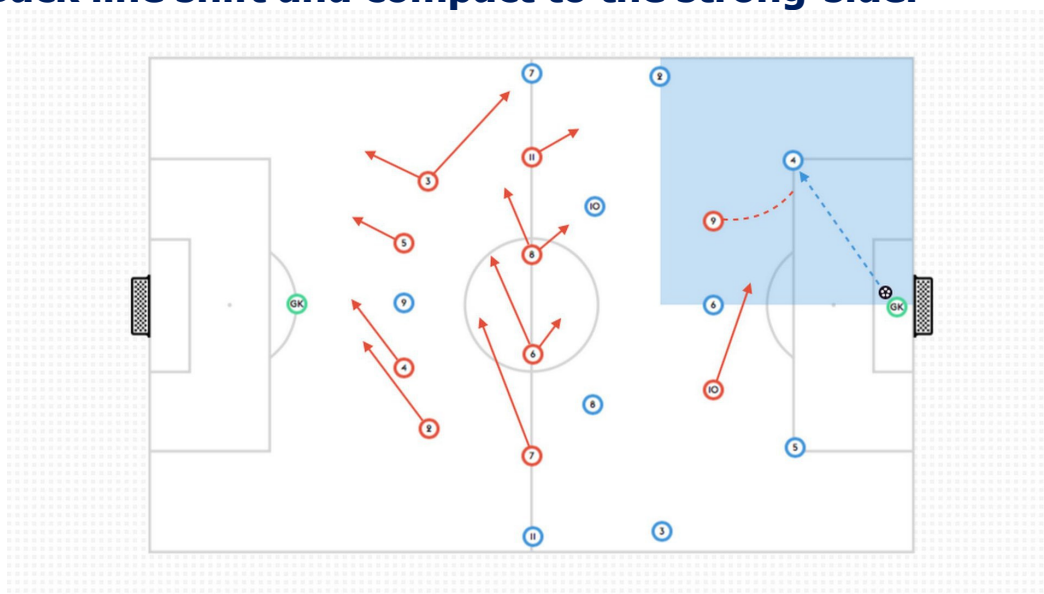
- When the ball is played, the #9 & #10 **funnel play** in that direction and '**show the ball wide**'.
- The strong-side forward bends his run to show the ball wide and **prevent it being switched or cut back inside.**
- The weak-side forward **prevents the switch** by doing his best to win the space from the GK, the weak-side CB and the #6.
- If the ball is played backwards, and the Front two think they can press over that distance or see another pressing cue (bad touch, incorrect body shape etc.) then they press to win the ball and take the line of confrontation higher up the field.

- **Midfield Four –**

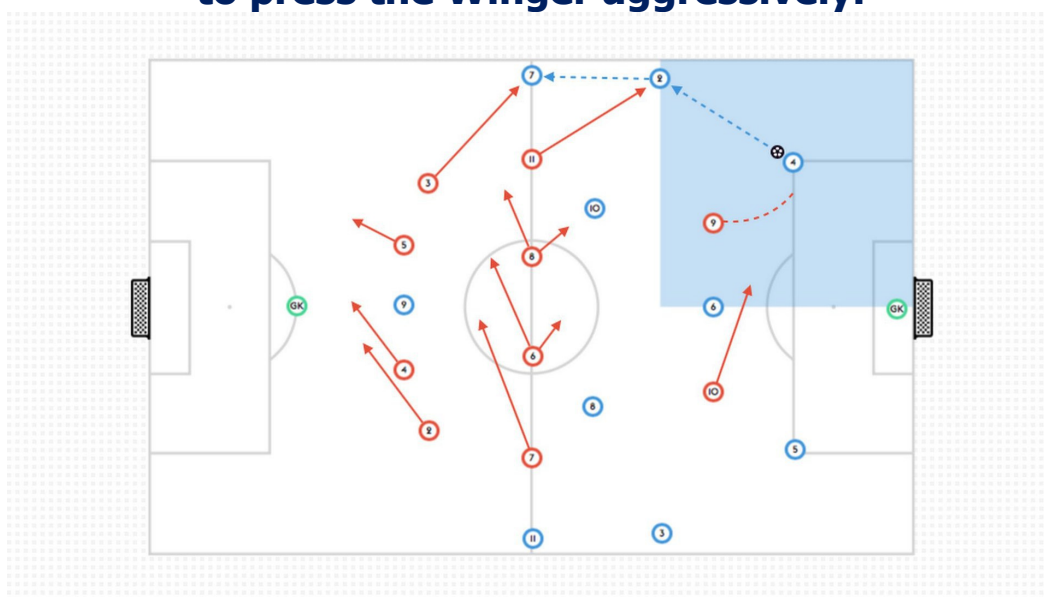
- The strong-side Winger reads the cue of the pass and is positioned so that he can aggressively press and win the ball against the touchline;
  - If he can't win the ball, he bends his run to show the Fullback down the line and **prevents him cutting in field.**
- The midfield line compacts horizontally on the strong-side with each of them taking responsibility for **pressing & covering** depending upon who the ball has been moved to.
- Typically, Wingers mark Fullbacks on the strong-side
  - It is **vital** that the Winger doesn't allow the Fullback to cut inside and open up the field.
- Once the line of Midfield Four has been ruptured, all players must work hard to drop and reduce the space between the back and midfield lines.

- The Midfield Four must instantly react if the Front Two try to take the line of confrontation higher up the field by bringing their lineup also.
- Midfield players must be live to the danger of penetrating runs and track the off-the-ball runners.
- **Back Four –**
  - Strong-side Fullback has a difficult job;
    - If it looks like the FB is going to play a long ball down the line he must drop to be able to beat his winger in a foot race to the ball. pushes up and applies immediate pressure to prevent the Full Back receiving the ball.
    - If the FB plays the ball to the winger's feet, then he must try to press and prevent him receiving to turn and win the ball against the touch line. (cues are whether or not the winger is able to get real pressure on the FB or not).
  - The two Centre backs shift and drop to be able to cover forward runs.
  - The weak-side Fullback tucks in to support the two Centre backs.

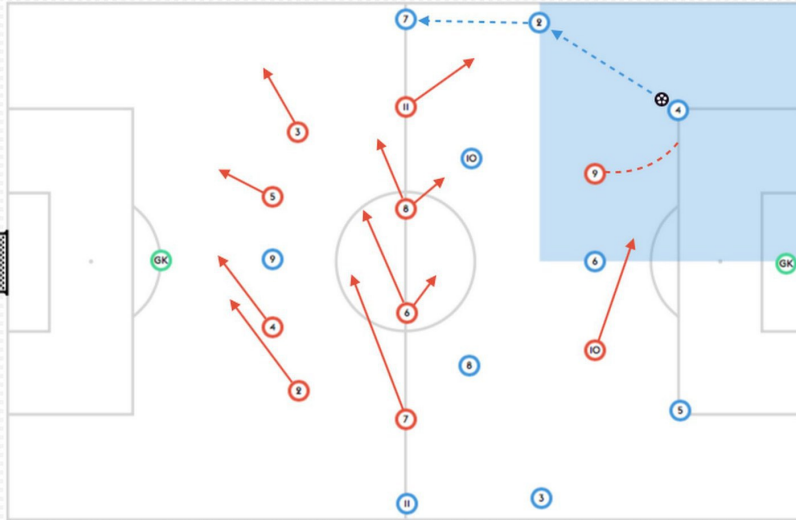
**As the ball is played, The Front two funnel play, The Midfield and Back line shift and compact to the strong-side.**



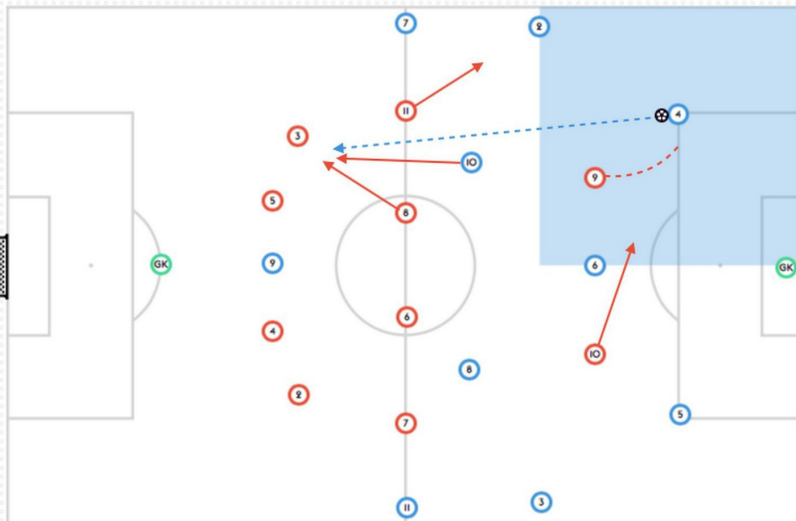
**As the ball is played to the FB, the Winger gets there quickly and pressures him aggressively, this allows the FB to press the Winger aggressively.**



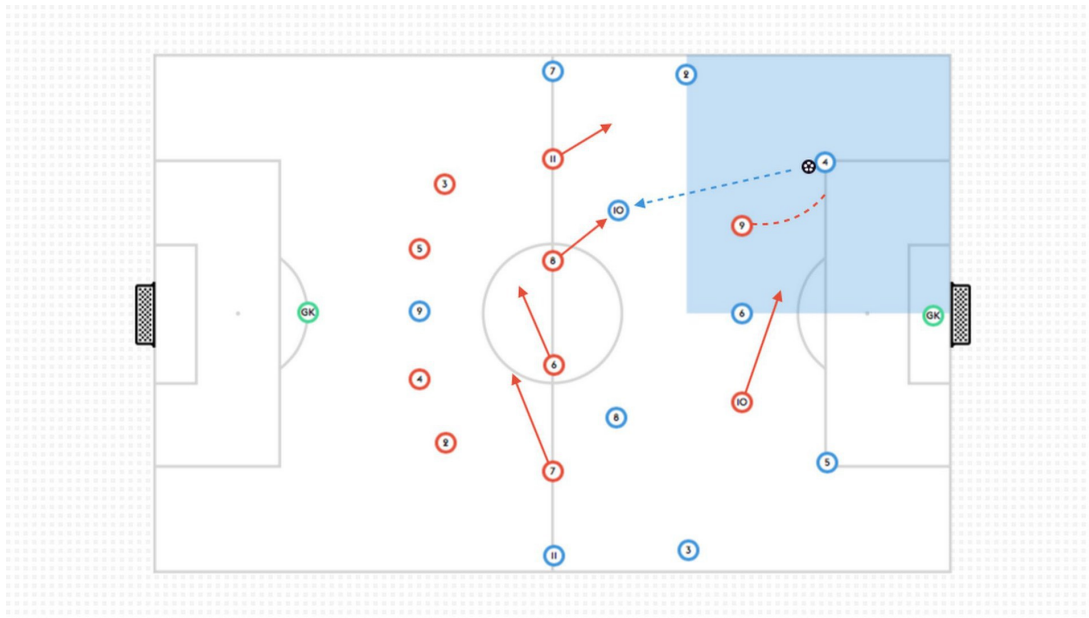
**The Winger did not manage to pressure the FB quickly enough, this means he has time to play a ball to his Winger, so our FB must drop off to cover him.**



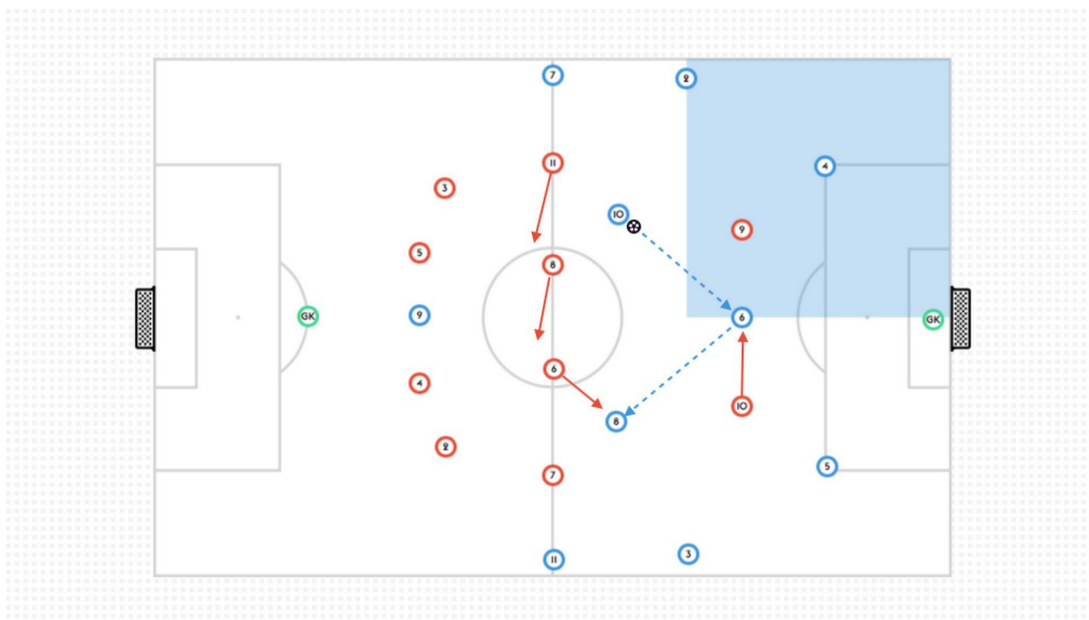
**As a through ball is played, the corresponding midfield player tracks his runner.**



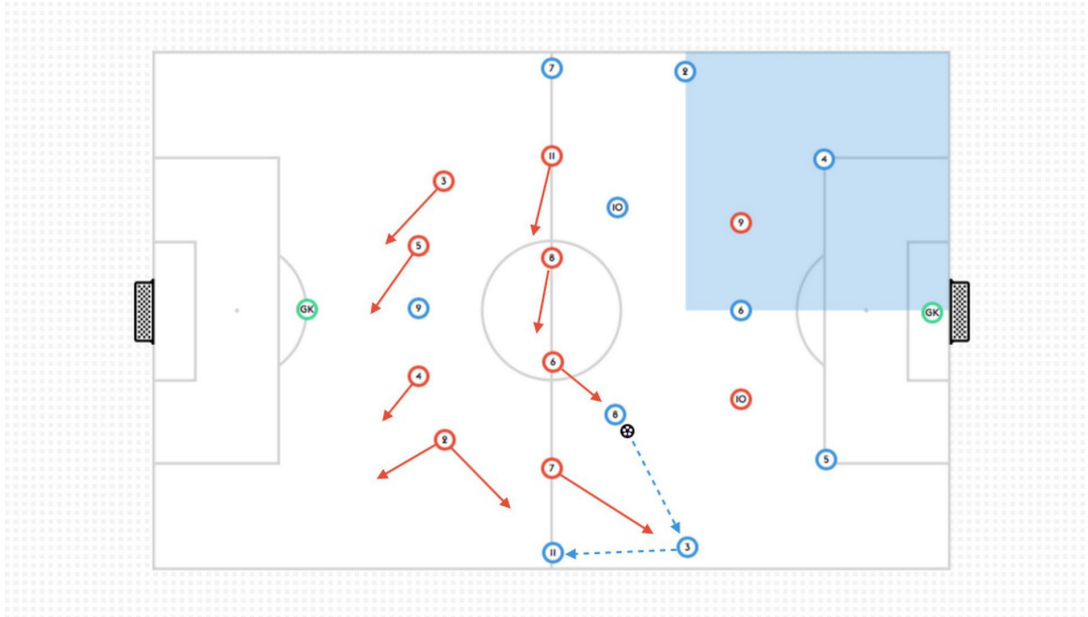
**As the midfield player receives the ball, the corresponding  
midfield players steps to pressure. His team mates cover  
and balance.**



**As the ball is played to another midfield player, the  
corresponding midfield players change roles in terms of  
pressure, cover and balance.**



**As the ball reaches the other flank, the roles entire midfield line shifts across and mirrors their roles from when the ball was on the other flank.**



**Moment of the Game:** Defensive Organization

**Macro Principle:** Compact centrally and deny penetration.

**Penetrating Phase Principle:** Deny movement of ball into the middle third.

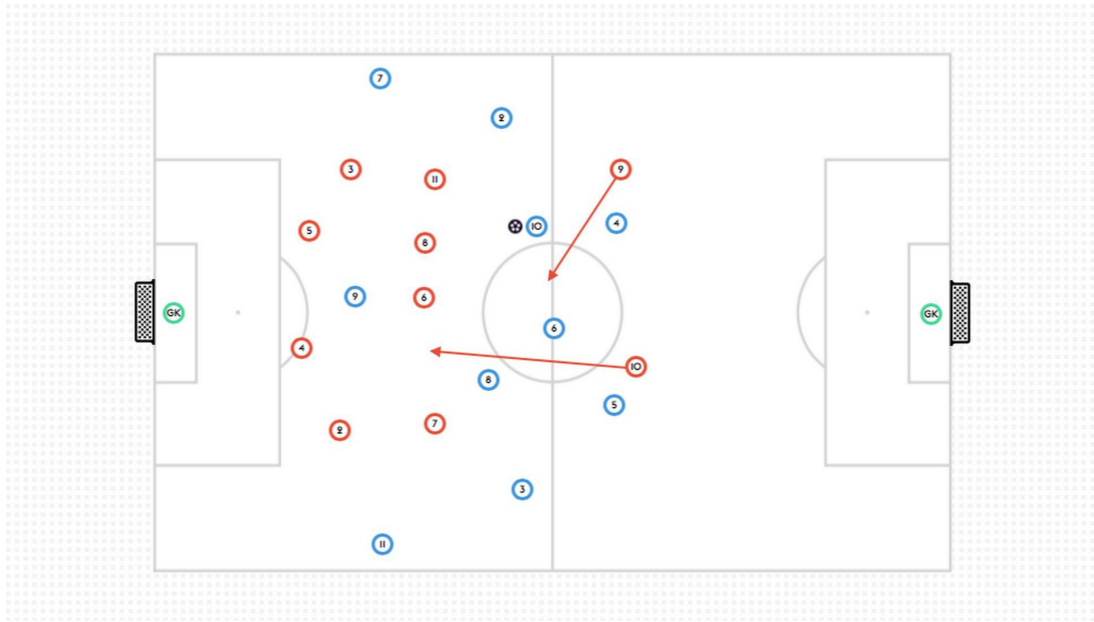
**Sub Principle 1:** Once the initial press is broken, adopt a medium block.

- **4-5-1** when being attacked around half way.
- **Front Two**
  - Strong side player stays up as a one and the weak-side forward sprints into the **Midfield** to make it a **Midfield Five**.
- **Midfield Five**
  - Form a **compact** (horizontally) defensive line and provide appropriate pressure, cover and balance.
  - Strong-side Winger & Fullback may need to double team when the ball is wide near the touchline.

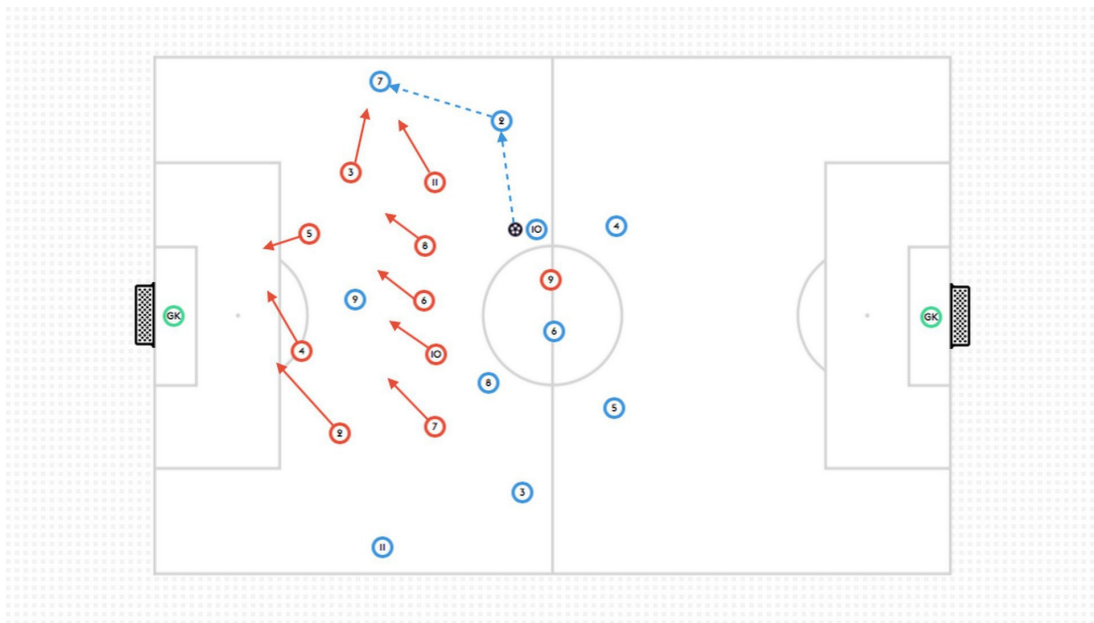


- Weak-side Winger compacts horizontally to bolster the internal structure of the block.
- Must track the off-the-ball runs of the attacking team.
- Must fill in for the **Back Four** if they get pulled out of position (**fluidity of positions**).
- Once ruptured, must compact vertically to reduce the space in-between the lines.
- **Back Four**
  - Form a defensive line, shift with play and provide appropriate pressure, cover and balance.
  - Strong-side Winger & Fullback may need to double team when the ball is wide near the touchline.
  - Weak-side Full Back compacts horizontally to bolster the internal structure of the block.
  - Must learn to step if attackers are receiving the ball in between lines.
- Compact around the ball but be able to **shift quickly** if visual cues for the switch are recognized.

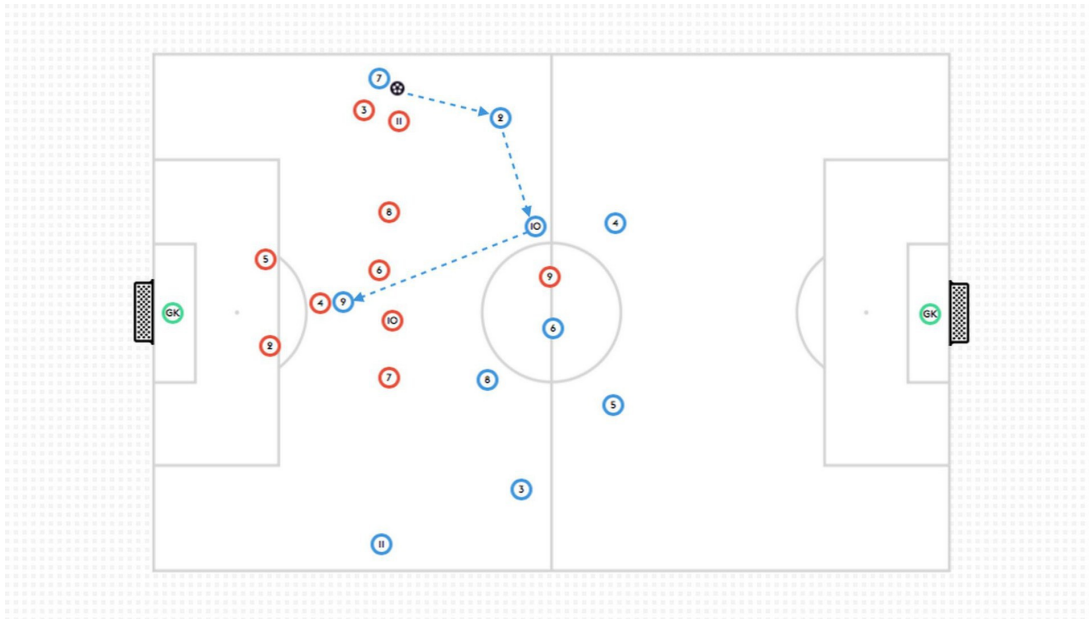
**Once the attacking team break out of their half, adopt a 4-5-1 medium block. Weak-side Forward joins the Midfield Four to become the Midfield Five. Strong-side Forward drops in to prevent switches of play across the back line (4-5-1)**



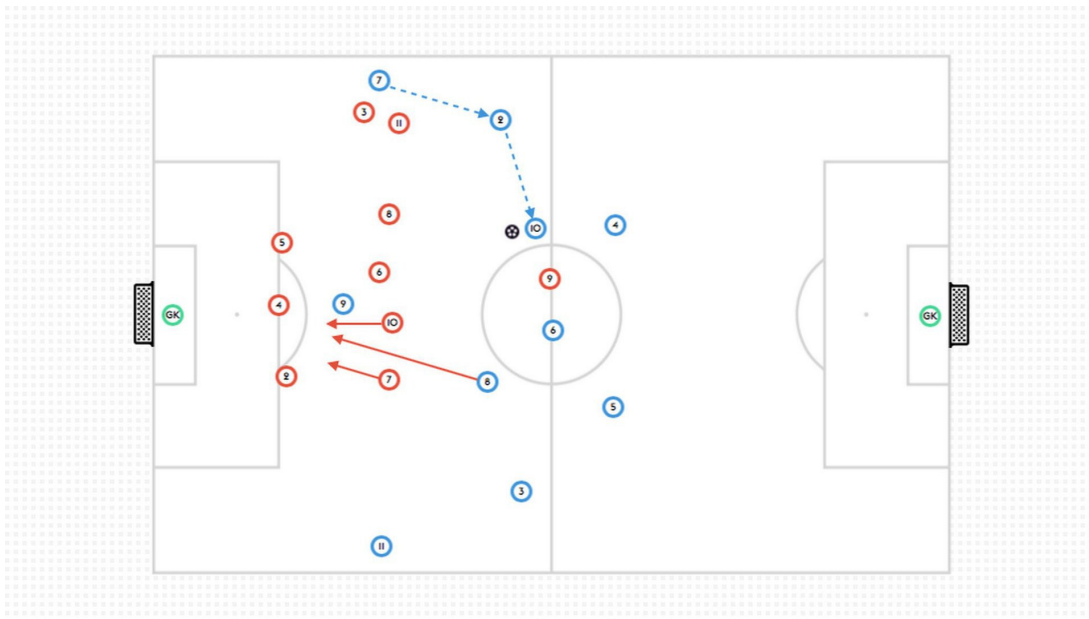
**The Midfield Five and Back Four shift and compact around the ball. Strong-side wide players are double teaming, weak-side wide players tuck in and compact in front of goal.**



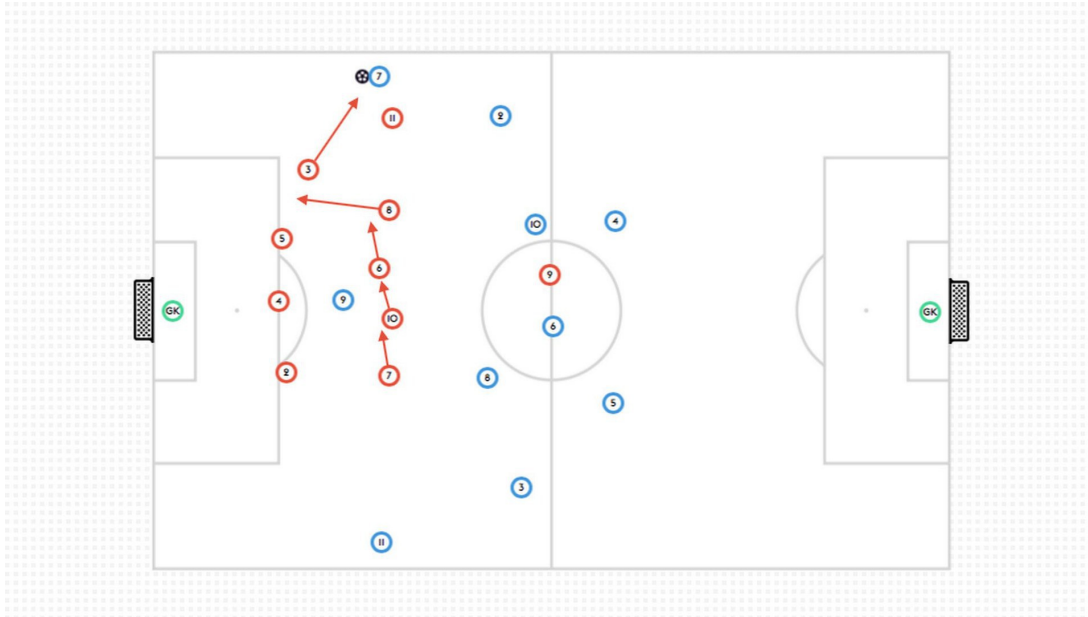
**Defenders stepping to prevent attackers from receiving between the lines (pressure, cover & balance).**



**Midfield players must recognise and track the off-the-ball runs of the attacking team.**



**As the Fullback shoots out to engage the attacker, a midfield player drops in to cover him. Then the midfield line shifts to cover the vacated player maintaining both the defensive and midfield line.**



**Moment of the Game:** Defensive Organization

**Macro Principle:** Compact centrally and deny penetration.

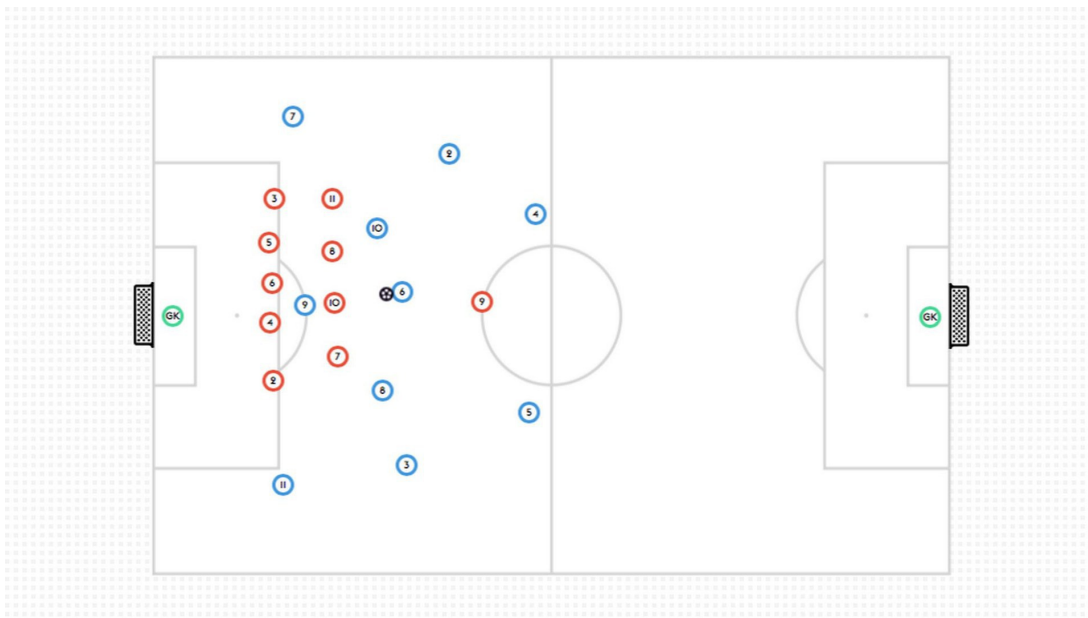
**Finalization Phase Principle:** Deny Goal Scoring Opportunities.

**Sub Principle 1:** Form a compact low block.

- Fluid, 4-5-1 can become a 5-4-1 depending upon the movement of the opposition.
- Use the ball as a reference point to form the low block.
- **Compact horizontally and vertically** around the ball (weak-side players should now be somewhat ignored in favor of solidifying the block).
- Compact around the ball but be able to **shift quickly** if visual cues for the switch are recognized.
- **Mind Set;**
  - Last ditch efforts.

- Nothing gets through.
- Fill all the dangerous holes.
- Heroic tackles

**Form a low and compact (vertically & horizontally) block. Fill all the holes. Focus more on strong-side and central players than weak-side players. Win the ball.**

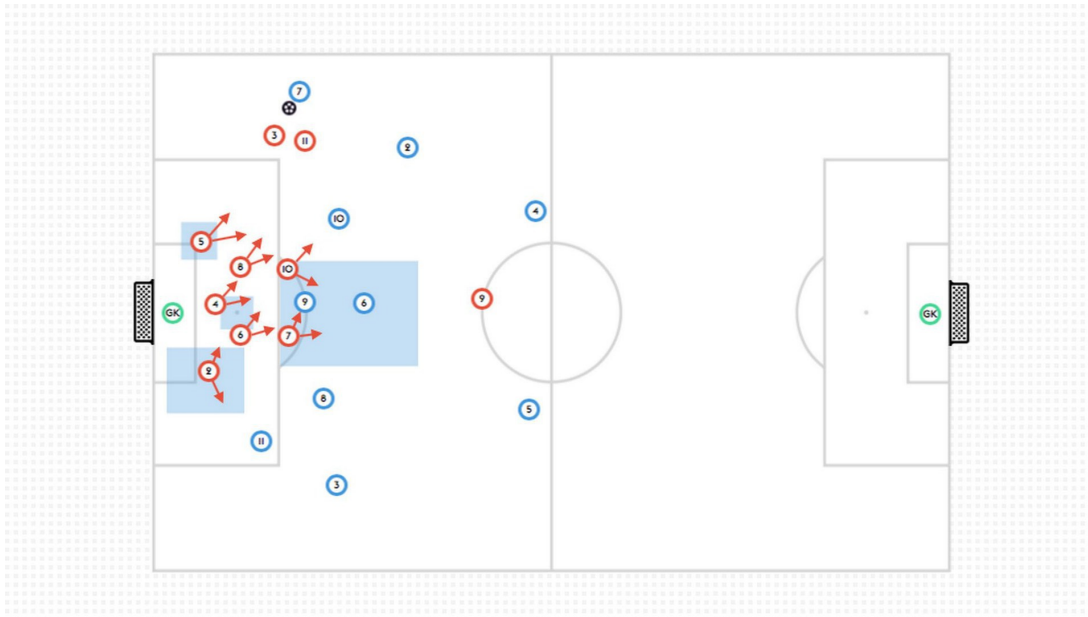


**Sub Principle 2:** Prevent crosses or cut backs into the defined areas.

- **Deny at source**, double team if necessary.
- Defend the **Pre-Defined Zones**.
- Players must compensate defensively for any player that goes to press, thus being removed from his defensive slot (pressure and cover).

- Aggressively **deny shot**, space, turn, and time.

**Deny crosses at source with double team if possible.  
Defend the Predefined Areas (fluidity of players in defensive relays).**



### **Sub Principle 3:** Dominating Goal Keeper.

- Must come for everything and control his box.
- Must provide good, clear instructions to his defenders.

### **Moment of the Game:** Offensive Transition

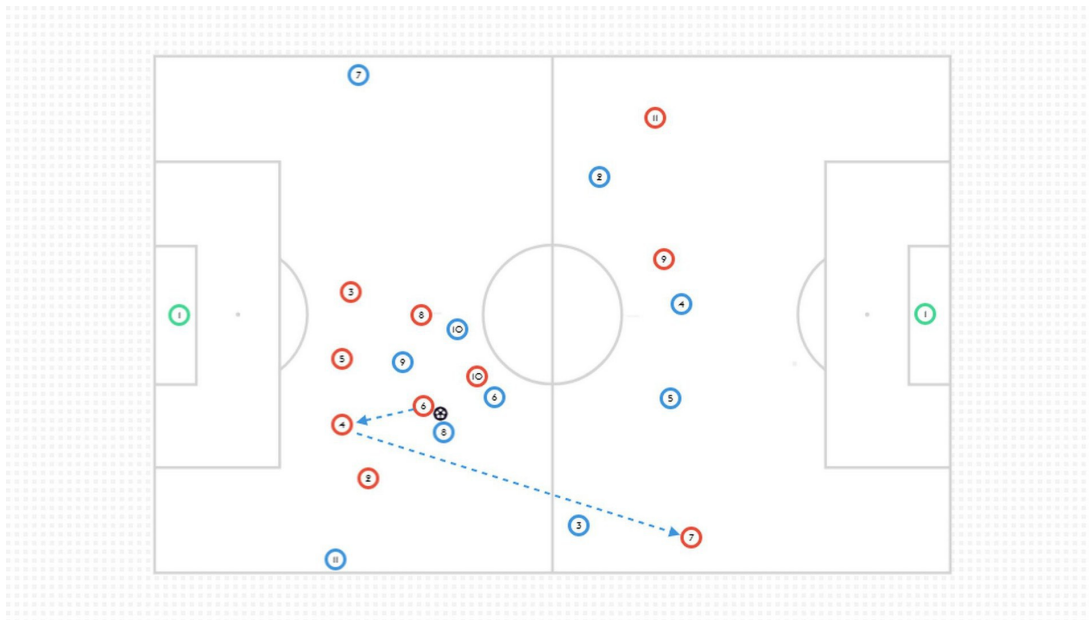
**Macro Principle:** Exploit the disorganized defensive unit, to advance the ball up the field.

**Sub Principle 1:** The first choice should be to deliver the ball into advance & dangerous spaces.

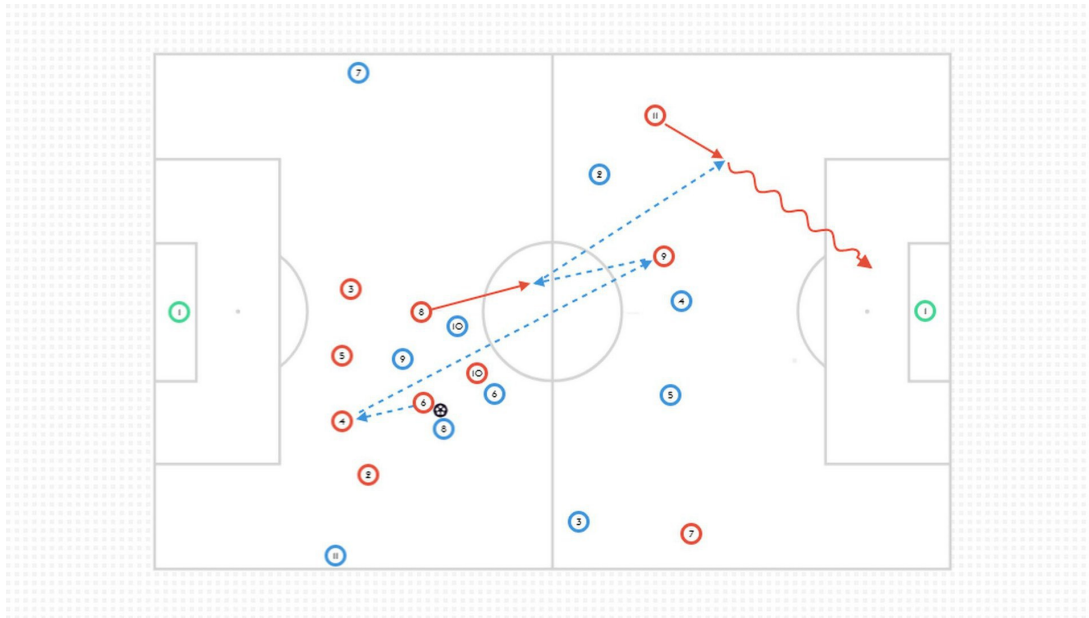
- If the risk of losing the ball is not too great, and the counter attack appears to be on, then look to penetrate to advanced and dangerous areas on the field.

- Whole team must move up instantly as a block behind the ball to:
  - Support the ball if it is won (less distance to pass).
  - Counter press if the ball is not lost (less distance to cover).
- If possible, attacking outlets should try to remain high and open to facilitate this, even when the team is out of possession.

**Deliver the ball into advance & dangerous spaces and push up to support the ball.**



**Deliver the ball into advance & dangerous spaces** (can use a Third Man Run).



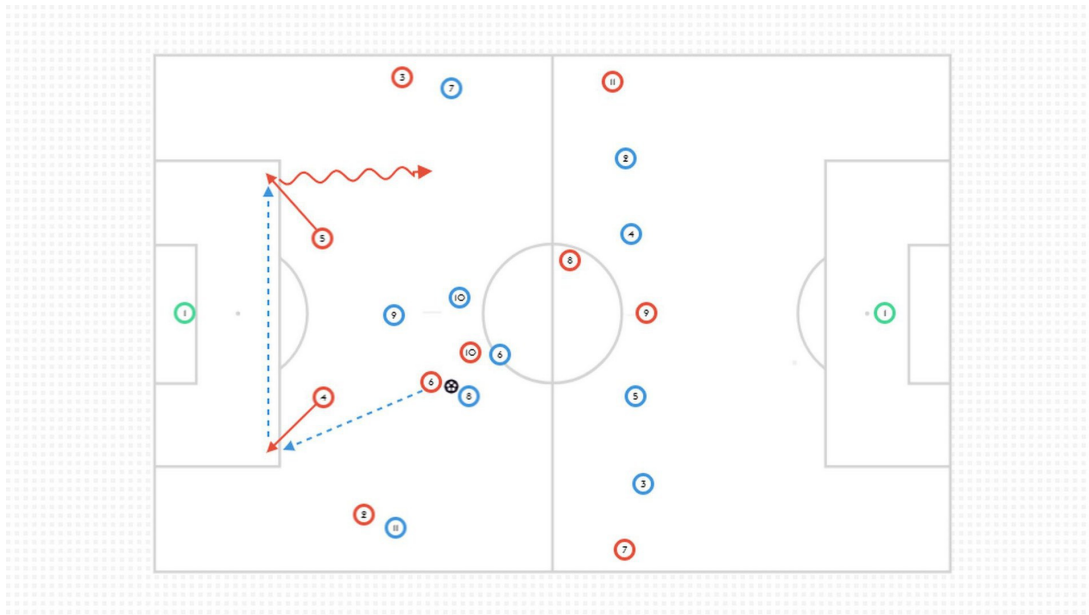
**Sub Principle 2:** If the counter attack is not on then maintain possession.

- Tackling, blocking and intercepting should all be done with the **purpose of winning the ball** to reload play.
- Immediately move the ball from the high pressure 'recovery zone', into areas of **less pressure**.
- Passes that **reduce pressure** and can increase time and space on the ball include:
  - **Backwards pass.**
  - **Horizontal pass.**
  - Consecutive combinations of the above.
- The time and space provide the ball carrier with the ability to identify and exploit the defensive imbalance without losing the ball.
- Counter attacks require precision and superior speed of play and often result in a quick turnover, *'The faster it goes, the faster it comes back'*.



- If the counter attack is not on, then the team should look to **maintain possession through ball circulation** - *"If the ball is lost we run forward instantly, if the ball is won, we run back"*.
  - #9 should look to instantly occupy more than one center back to create space to play and prevent them from pressing.
  - #7 & #11 should create immediate width and forward depth to pin back the opposition full backs and wingers for the same reason.
  - This all gives the players in the middle of the field more time to rebuild play if the counter attack is not on.

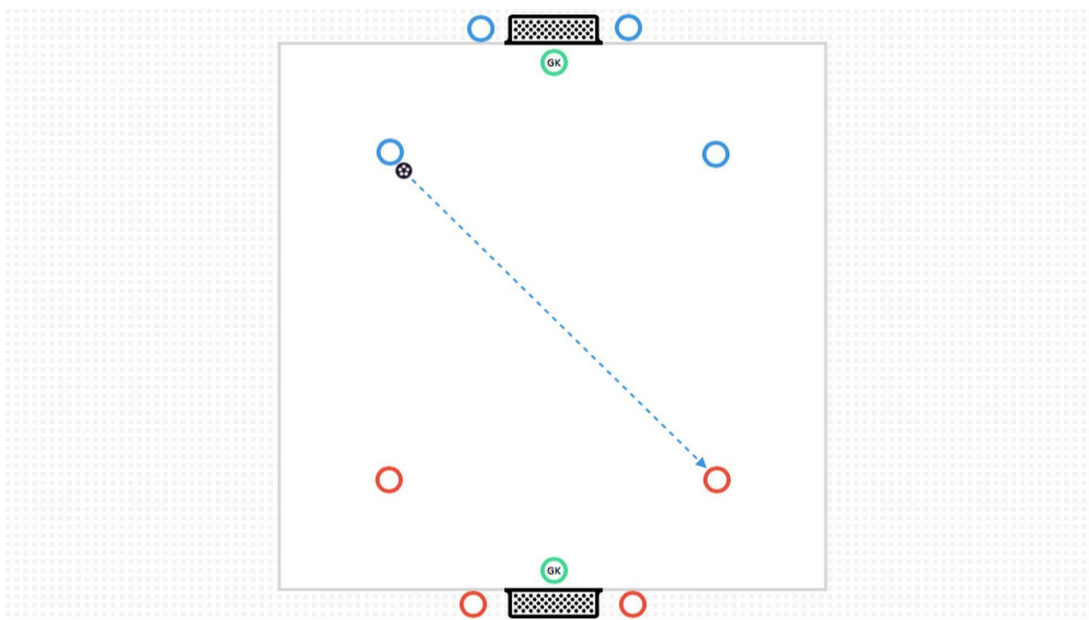
**If the counter attack is not immediately on, then look to move the ball to an area of less pressure to build play.**



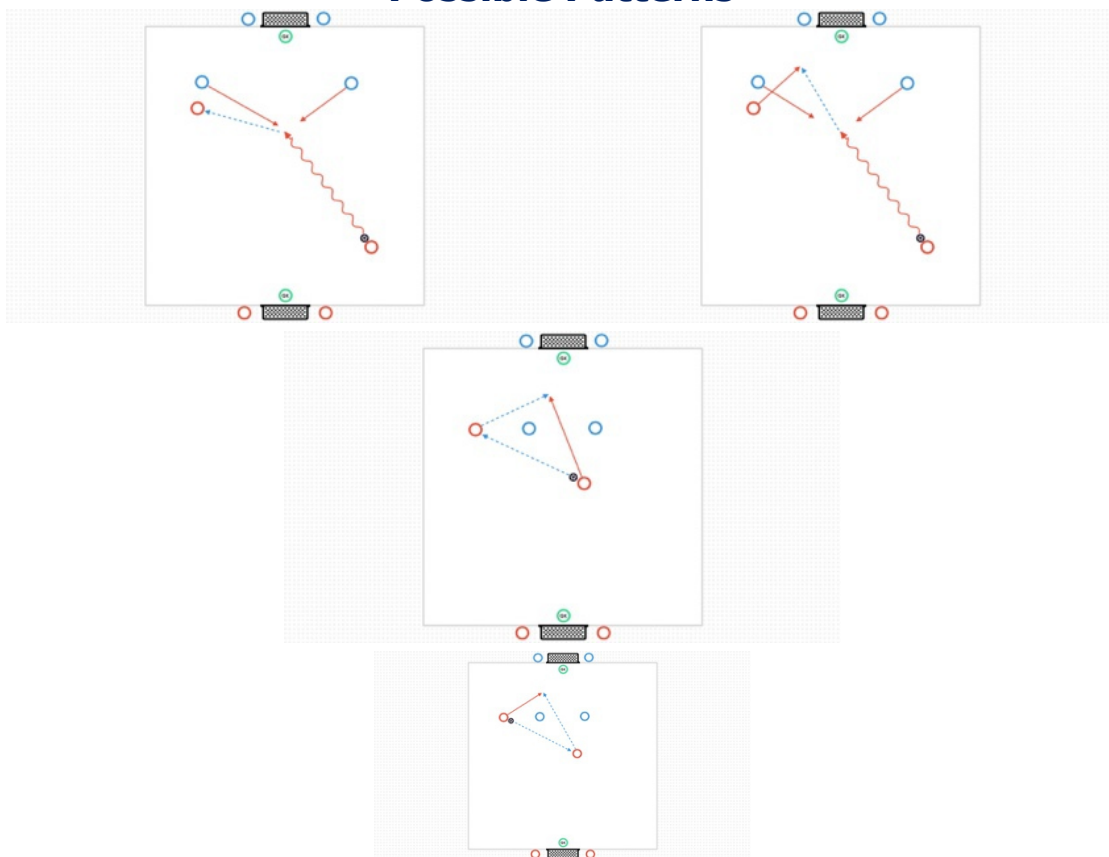
# Curriculum

Week	Session	Warm Up - 20 Mins	Technical - 20 Mins	Positional Game - 20 Mins	Training Game 30 Mins
1 (Twice)	Defending as a Back 10	2v2 Flying Changes	Passing Pattern	JdP 6v6+2	Coached Game - Defending as a Back 10
1 (Once)	Defensive Corners				Coached Game
2 (Twice)	Defending from the Front	Rondo 7v3	2v2+1 Flying Changes	JdP 4v4+5 DFTF	Coached Game - Defending from the Front
2 (Once)	Attacking Corners				Coached Game
3 (Once)	Playing out the Back 1	4v4+3 Rondo	Passing Pattern	JdP Game - Playing out of the Back	Coached Game against a 1 Press
3 (Once)	Playing out the Back 2	Over the River	2v2 to Goal (2v1 to 2v1)	JdP 1 Press Game	Coached Game against a 1 Press
3 (Once)	Short Corners				Coached Game
4 (Once)	Playing out the Back 3	4v4+3 Rondo	1v1 (regular)	JdP 2 Press Game	Coached Game against a 2 Press
4 (Once)	Playing out the Back 4	Rondo 4v2+1	2v2+1 Flying Changes	JdP 3 Press Game	Coached Game against a 3 Press
4 (Once)	Defending Free Kicks				Coached Game
5 (Once)	Switching Play 1	Rondo Switching Play	1v1 to 4 gates	JdP 4 Goal Game	JdP 6 Goal Game
5 (Once)	Switching Play 2	Rondo Switching Play	2v2 Flying Changes	JdP 6 Goal Game	JdP Activity - Switching Play
5 (Once)	Attacking Free Kicks				Coached Game
6 (Once)	Switching Play 3	Rondo 4v2+1	JdP 6 Goal Game	JdP 4v4+5	JdP Activity - Switching Play
6 (Once)	Dismarking 1	1v1+2	3v1	2v2 to Goal (2v1 to 2v1)	JdP 5v5+5
7 (Once)	Circulating, Probing & Penetrating Part 1	JdP 4v4+5	3v2 Flying Changes	Over the River	JdP 3v3+2 to 3v3+2 Game
7 (Once)	Circulating, Probing & Penetrating Part 2	4v4+3 Rondo	2v2 to Goal (2v1 to 2v1)	JdP 8v6 to Targets	Coached 'Channels' Game
8 (Once)	Penetrating into Midfield 1	1v1+2	1v1+1 to Goal	JdP 8v6 to Targets	4v4+5 JdP Game
8 (Once)	Penetrating into Midfield 2	Rondo 5v2+1	Passing Pattern (Overlapping FBs)	JdP 4v4+5	Coached 'Channels' Game
9 (Once)	Penetrating Attacking Third 1	Over the River	2v2 Flying Changes	JdP End Zone Game	Coached Game Penetrating into the Final Third
9 (Once)	Penetrating Attacking Third 2	Rondo 4v2	3v2 Flying Changes	JdP 3v3+2 to 3v3+2 Game	Coached End Zone Game
10 (Once)	Penetrating Attacking Third 3 High Fullbacks	Over the River	Passing Pattern (Overlapping FBs)	JdP End Zone Game	Coached Game Penetrating into the Final Third
10 (Once)	Penetrating Attacking Third 4 Runs from Deep	4v4+3 Rondo	1v1 (regular)	JdP End Zone Game	Coached Game (regular)
11 (Twice)	Occupying & Using the Half Spaces	4v4+3 Rondo	2v2+1 Flying Changes	JdP 4v4+5	Coached Game Penetrating into the Final Third
12 (Once)	Attacking from Wide Part 1	2v2+1 Flying Changes	Passing Pattern (Overlapping FBs)	Cutting the Bal Back from Wide	Coached Game Penetrating into the Final Third
12 (Once)	Attacking from Wide Part 2	2v2+1 Flying Changes	1v1 (regular)	JdP 4v4+5	Coached End Zone Game
13 (Once)	Zone 14	Rondo 4v2	2v2+1 Flying Changes	3v2 Flying Changes	Coached Game (regular)
13 (Once)	Dismarking 2	1v1+2	2v2+1 Flying Changes	JdP 4v4+5	Coached Game (regular)
14 (Twice)	Third Man Movements 1	Rondo 5v2+1	Passing Pattern	JdP Game Third Man Movements	JdP Game Third Man Movements 6v6+4
Technical Session	Coerver Change of Direction 1	1v1 Change of Direction	1v1 (regular)	2v2 to Goal (2v1 to 2v1)	2v2 to Goal (regular)
Technical Session	Coerver Change of Direction 2	1v1+2	1v1 to 4 gates	2v2 to Goal (regular)	3v2 Flying Changes
Technical Session	Shooting and Finishing	1v1 (regular)	Cutting the Bal Back from Wide	1v1 to Goal	Triangle Goal Game

## Session: Defending as a Back 10



### Possible Patterns



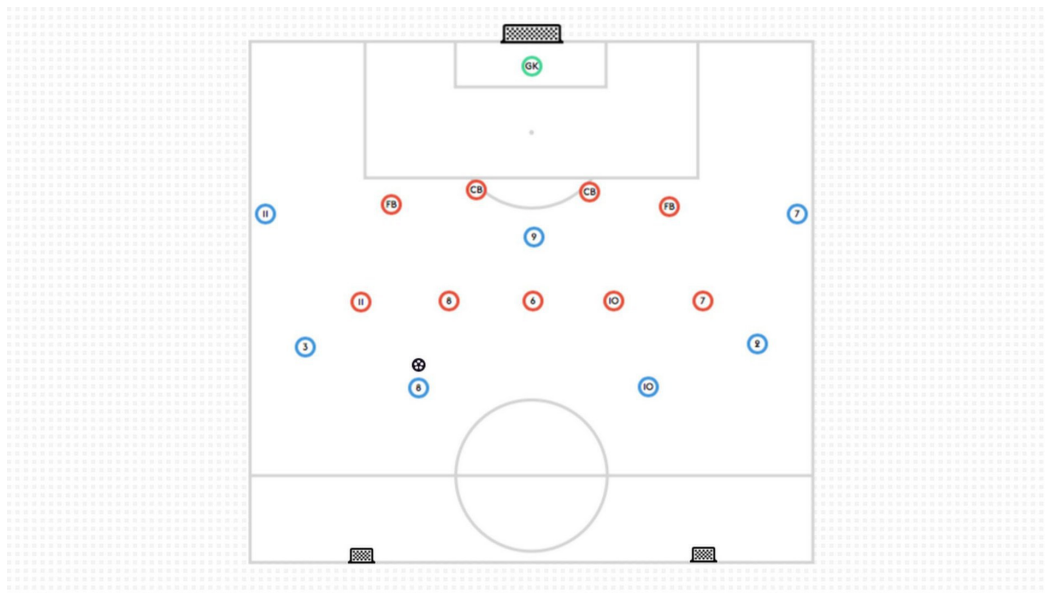
**Technical Activity:** 2v2 to Goal with Flying Changes.

**Organization:** 2 Goals. GKs.

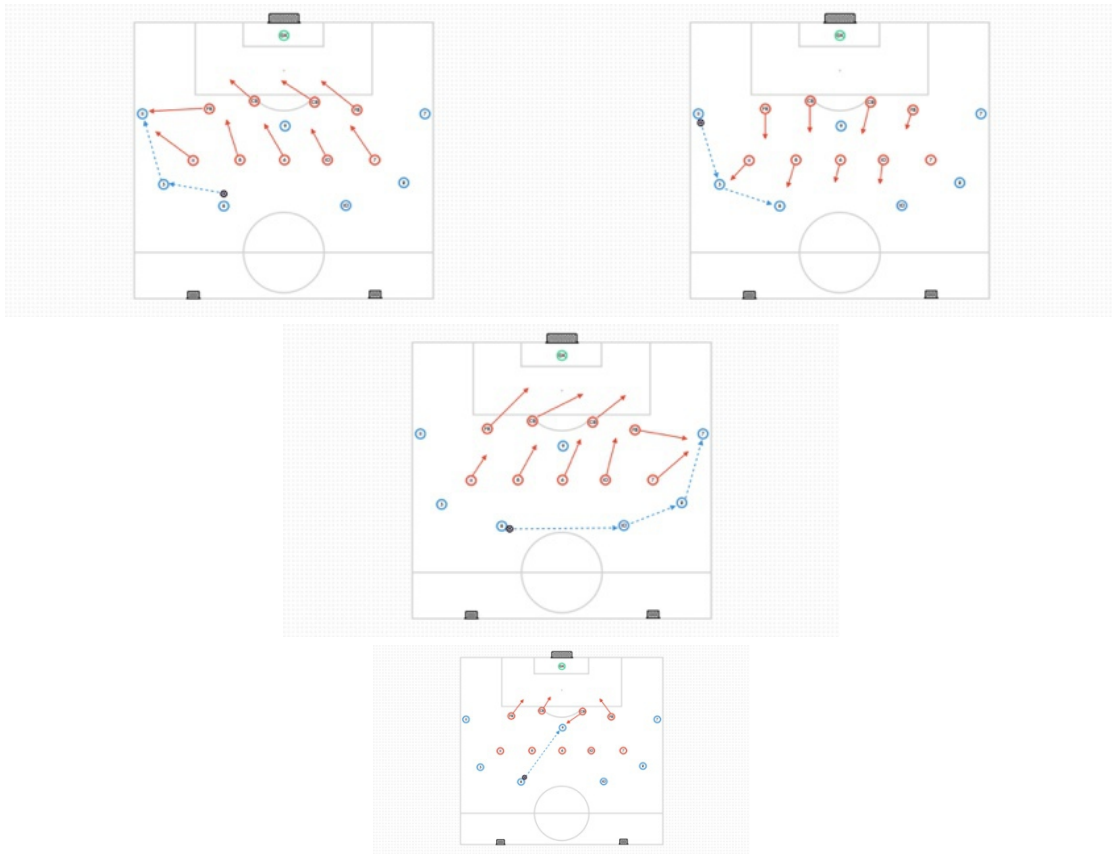
**Instruction:** 2v2 to goal. Take 60 seconds to quickly model some of the potential solutions, pictured above.

**Coaching Points:**

- A good first touch to win the space from the defenders.
- Combination Play to goal;
  - Overlaps
  - Wide Play
  - Give and Goes
  - Through Balls
- Decision Making;
  - When to dribble v when to pass v when to shoot.
- Speed and efficiency;
  - Once a positional advantage has been gained, execute and take advantage of it quickly to prevent the defender from recovering.
- Shooting;
  - Quick, ruthless, efficient, low, hard and to the corners.



**Possible Patterns**



**Technical Activity:** Pattern Play.

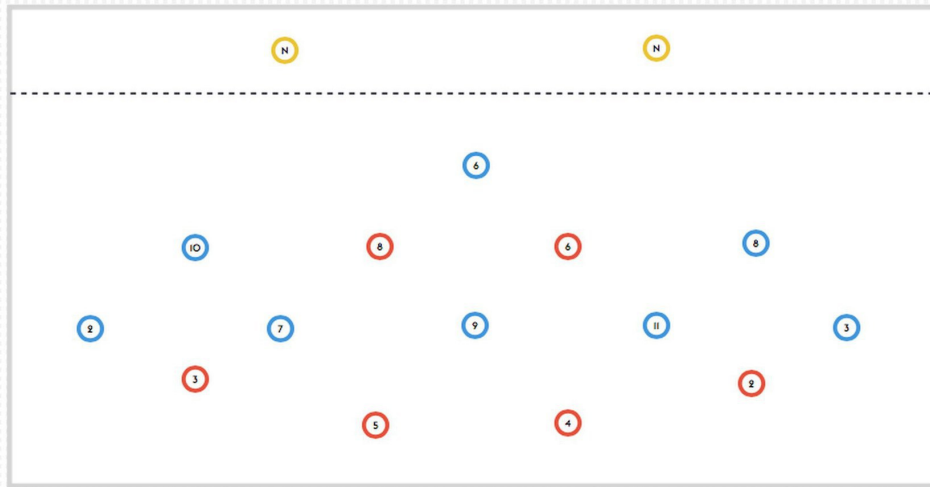
**Organization:** 10v7.

**Instruction:** Pattern play. The passing pattern moves the ball around to provoke the desired defensive behaviours from the **focus** team. Some examples are pictured above.

**Coaching Points:**

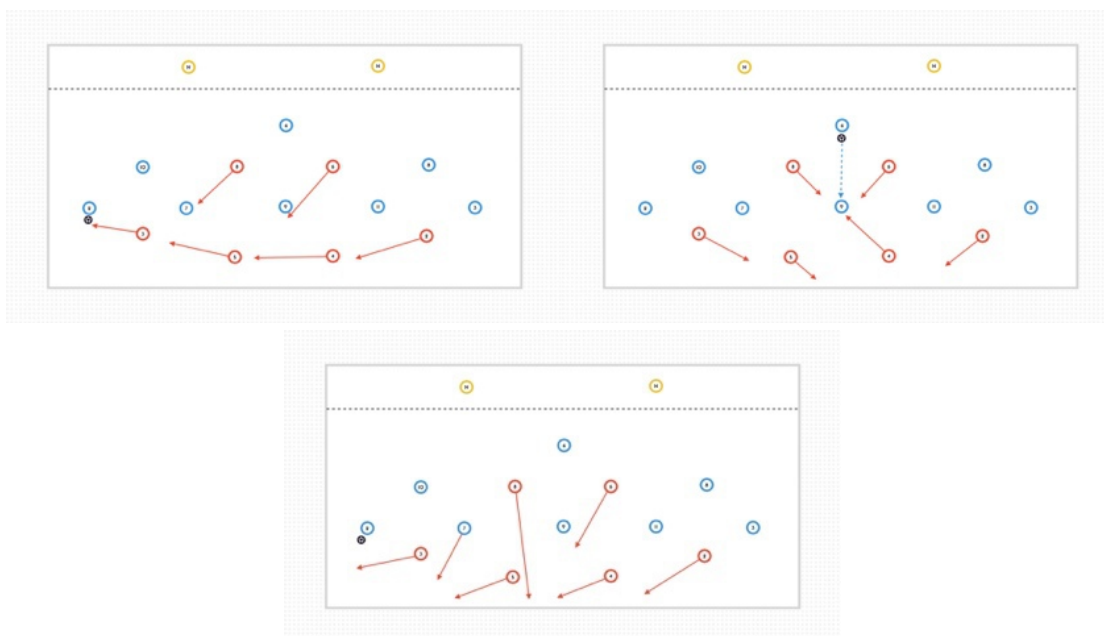
- Take 60 seconds to quickly model some of the potential solutions, pictured above.
- Pressure, Cover and Balance.
- **Stepping** from the Back line when needed.
- **Shifting** as the ball is moved from flank to flank.
- Weak-side players completely **tucking in** when the ball is on the strong-side.
- Midfielders **tracking runners**.

- Midfielders **filling in** for the back line when a back-line defender is pulled out of their slot.
- **Reducing the space** between the two lines;
  - As the midfield line brings the line of confrontation forward, the back line must 'step up and out' to reduce the space between the two.
- Wide players might need to 'V' players out wide (FBs and Wingers working together);
  - Winger has to prevent the ball carrier from cutting in field and opening up play.



**Possible Patterns**





**JdP Activity:** Defending as a Back 6.

**Organization:** JdP Game 6v8+2.

**Instruction:** Blue team tries to score by dribbling over the End Line. Red Team tries to stop that. Red Team score by passing into the Yellow Targets. Once Yellow targets receive the ball, they restart the game by passing to a Blue Player. Yellow players cannot receive back passes.

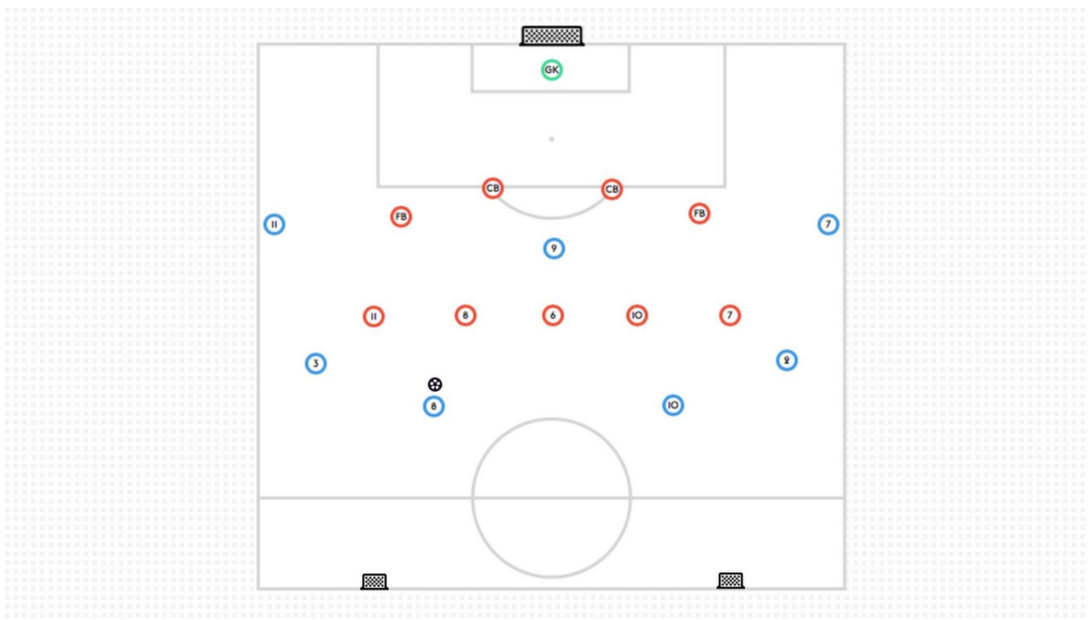
**Opposition Management:** Coach the attacking team attack with width, switching play and penetrating runs.

**Coaching Points:**

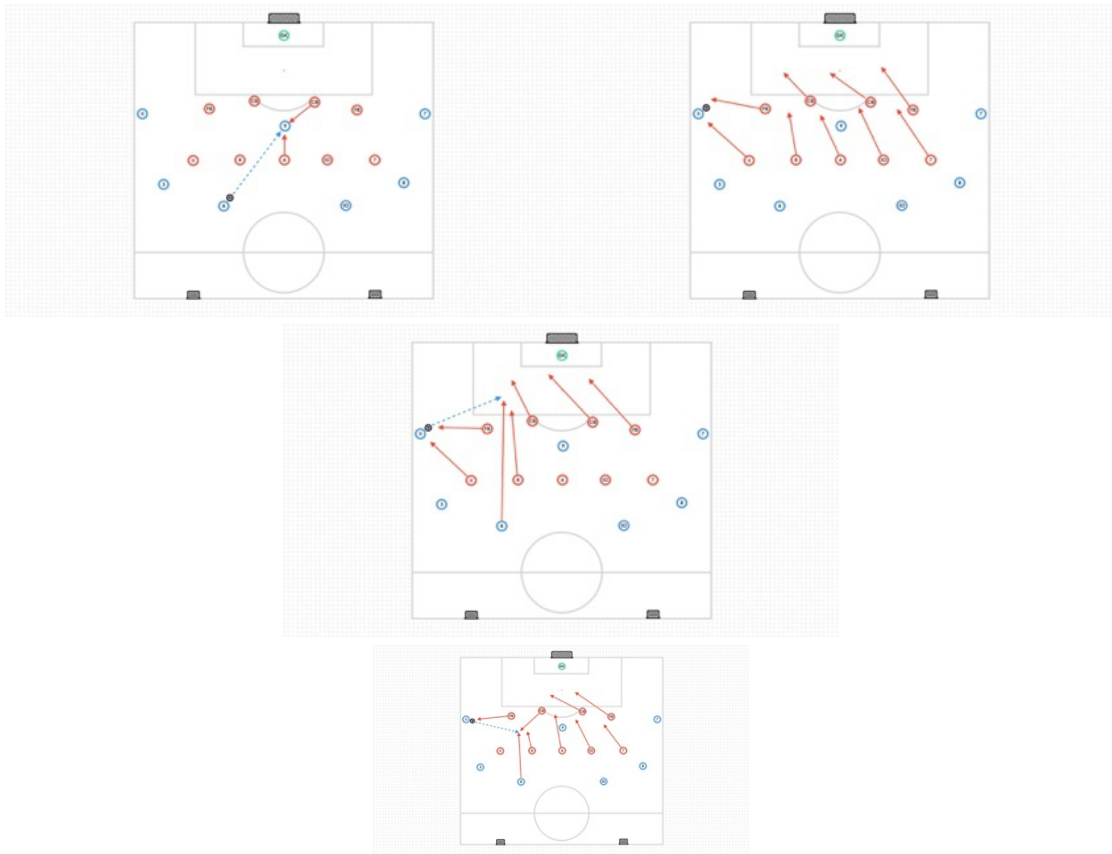
- Take 60 seconds to quickly model some of the potential solutions, pictured above.
- Keep play in front by;
  - **Shifting** quickly as the ball is switched and probed (pistons).
  - Weak-side players must be aware of their man, but must 'leave' him and **tuck in** when compacting to the strong side.



- As the team shifts, the weak-side players must now close any gaps that appear (**compact**) to maintain the compact defensive structure (**control the space**).
- All players need to learn to **track runners** as they break through the defensive lines.
- All players need to understand the **fluidity** of defending;
  - If a player tracks a run, another player might have to now **fill his original position**, based on the threat and the position of the ball, goal, attackers and defenders.
- Players must **step** to meet players who are **in-between** the lines and can receive with time and space;
  - If a player steps to make a tackle, ensure that they can actually **get there**, and that they don't get played around.
  - If a player steps for a tackle, make sure they **win it**.
- If the midfield players raise the line of confrontation, the back line must push up as a unit with them to reduce the space between the two lines (**control the space**)



**Possible Patterns**



**Coached Game:** Defending as a Back 10.

**Organization:** Coached Game. 10v7

**Instruction:** Regular game.

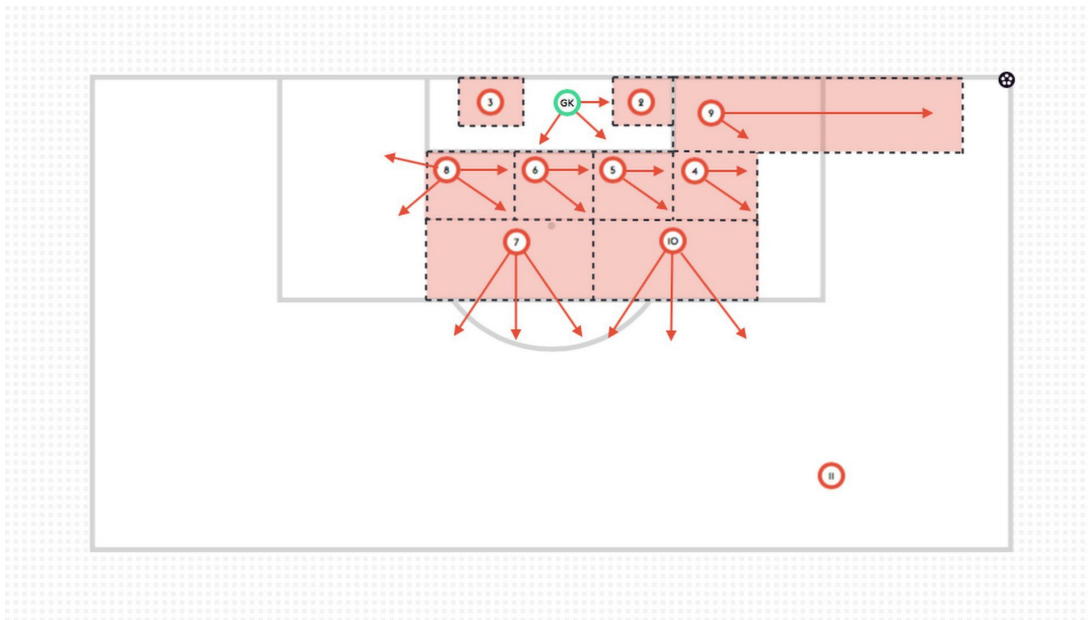
**Coaching Points:**

- Screen the opposition by;
  - Fix this first: Players must get used to **shifting** and **stepping** as the ball is switched and probed (pistons).
  - Weak-side players must be aware of their man, but can 'leave' him when compacting to the strong side.
    - Make sure they are aware of his movements and can react if the ball is switched.
  - As the team shifts, the remaining players must now close that gap (**compact**) to maintain the compact

defensive structure.

- Keep the ball in front of the back four.
- All players need to learn to track runners.
- All players need to understand the fluidity of defending;
  - If a player tracks a run, another player might have to now fill his original position, based on the threat and the position of the ball, goal, attackers and defenders.
- If a player steps to make a tackle, ensure that they can actually get there, and that they don't get played around.
  - If a player steps for a tackle, make sure they win it.

## Session: Defensive Corners



## Defensive Corner

**Organization:** As above.

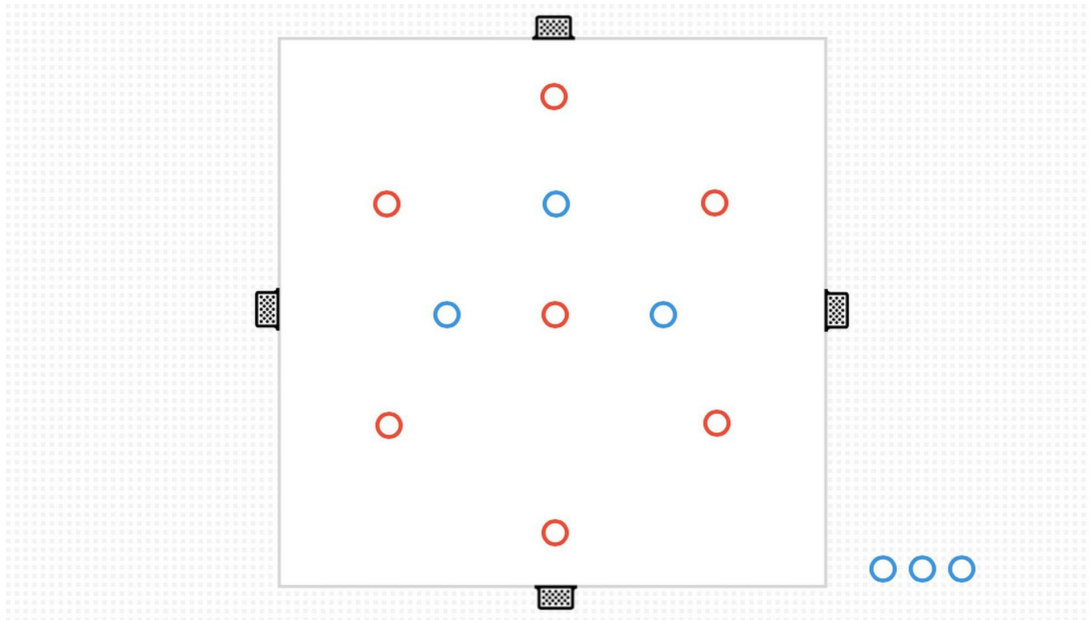
**Instruction:** Attacking team set up to serve corners and attempt to score from them.

The defending team set up as above and try to prevent scoring opportunities and clear the ball.

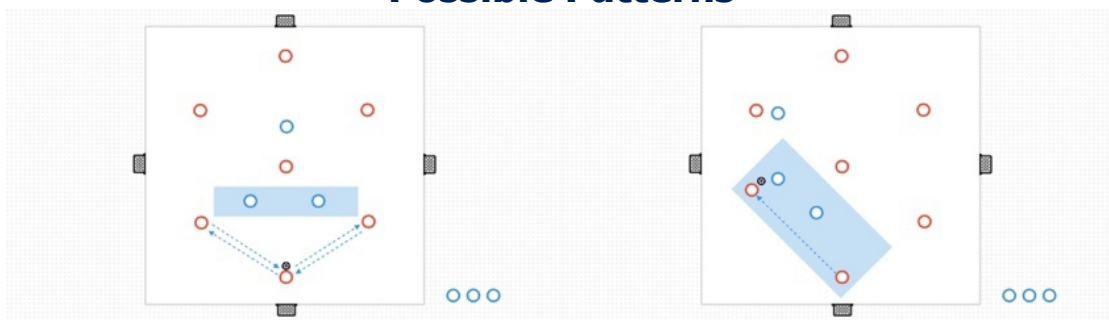
## Coaching Points

- Players take up their positions and try to **aerially** and **physically dominate** those zones.
  - Be first to the ball, climb over the opposition to clear the ball.
  - Mindset – Players must want to **win** the ball.
- Body Shape;
  - Defenders must be **side on**, not square, to see the ball but also any off the ball runners.
- GK **dominates his 6-yard box** in behind his defenders.
- Timing;
  - As the run up of the server starts, the defensive players drop a yard, and then come forward to attack the ball.
- Block off runners crashing through the wall;
  - Physically **form a barrier** and do not let them run in behind.
- #2 & #3 **stay on the post** & deal with shots & do not leave their position unless they can 100% win the ball.
- #9 is there to **cut out any poor deliveries** and also to go out and **screen a short corner** (2v1).
- If a ball falls between 'two zones' go for it. If in doubt, go for the ball.
- Leave one player as an 'out option' (#11 pictured).

## Session: Defending from the Front



### Possible Patterns



**Warm Up:** Rondo 7v3.

**Organization:** Rondo 7v3. Counter goals.

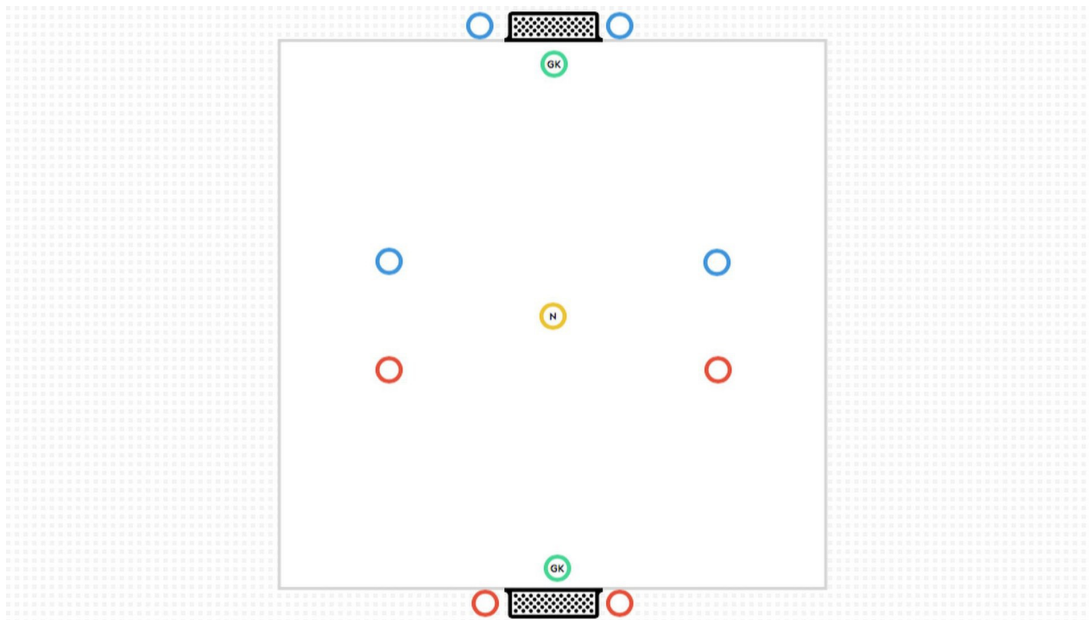
**Instruction:** Attacking team scores by playing the ball into the Targets (North and South). Defending team score by winning the ball and countering to the goals.

The defending team must try to defend in accordance with the principles of the Game Model, 2 players at the front funnelling, directing and forcing wide, one in behind covering.

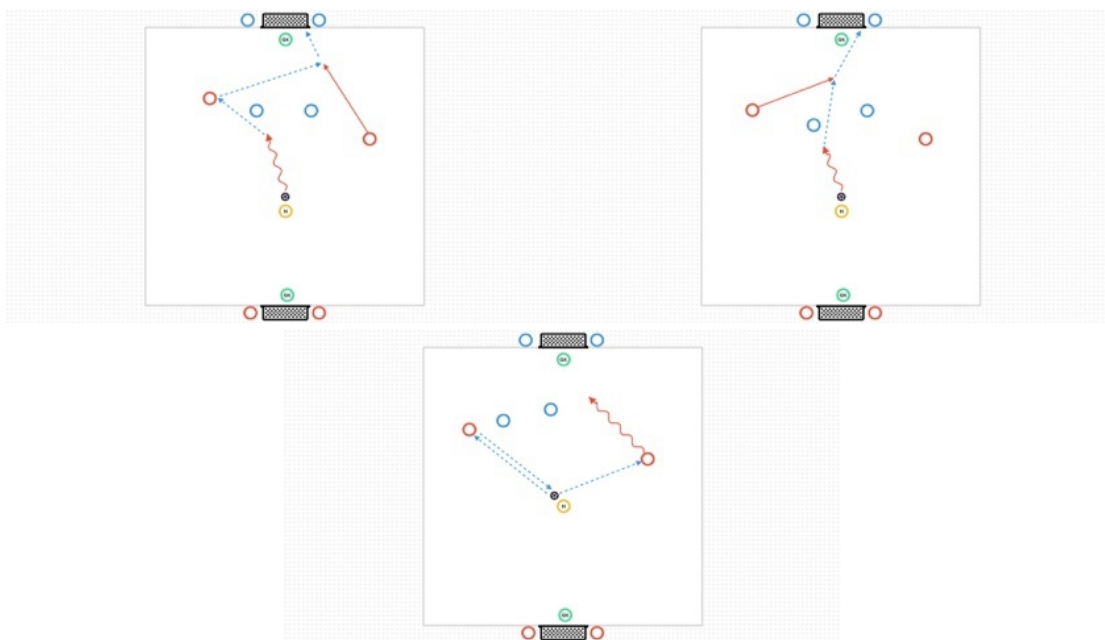
The attacking team counter press when they lose the ball, in accordance with the principles of the Game Model, to win the ball back instantly and aggressively, putting immediate pressure on the ball carrier and his passing options.

## Coaching Points

- The 2 front players work as a **unit**;
  - One player shows the ball down the line and prevents it from being played centrally/internally.
  - The second player acts to block the back pass to the Target as well as screening internal passes.
- The 3<sup>rd</sup> player works hard to shift and cover both the internal and outside passing lanes.



**Possible Patterns**



**Technical Activity:** 2v2+1 Flying Changes.

**Organization:** 2v2+1 JdP Game. Fairly tight grid, approx. 25\*20 meters.

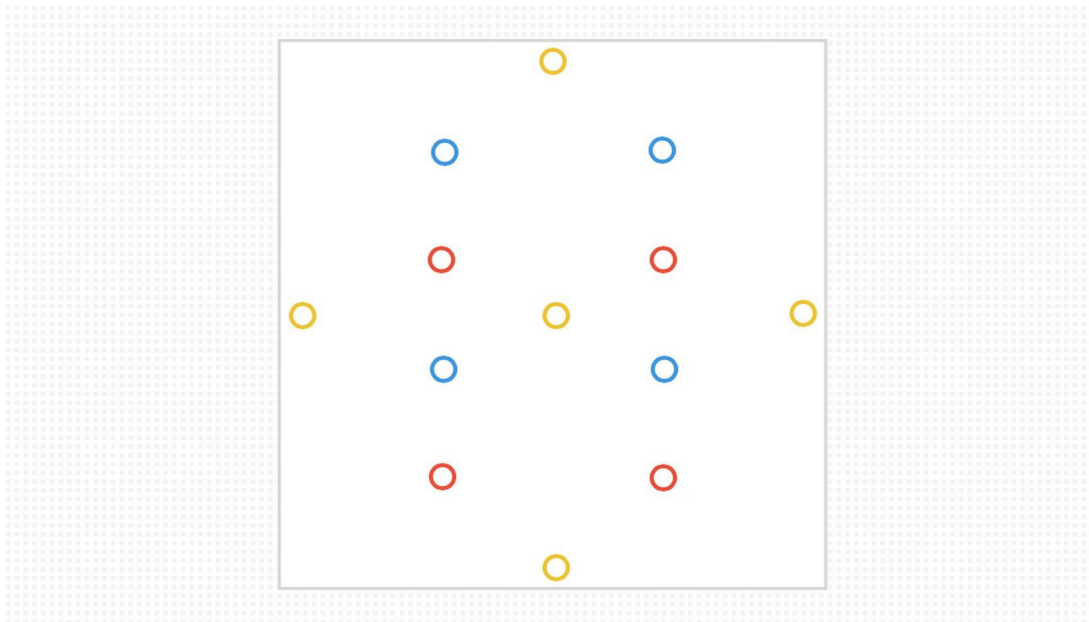
**Instruction:** Take 60 seconds to quickly model some of the potential solutions, pictured above.

Red plays against Blue. **Yellow Neutral plays with possession.** When the possessing team score they stay on, go back and get another ball from the GK. The opposition defenders leave and a new set come on. If the possessing team don't score, they leave the field and the defenders go back to their GK and get a ball and start play against two new defenders.

**Coaching Points:**

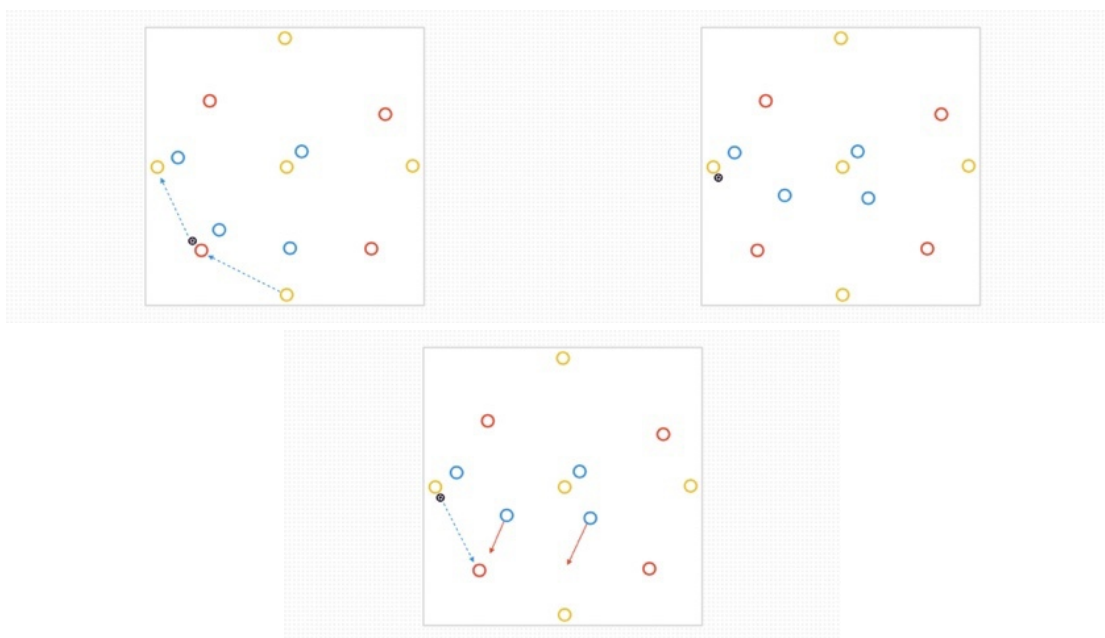
- Bring the ball up quickly to **win the space from the defenders.**
- Fix the structure (**width and depth**) to stretch the defense out.
  - Start with the **classic 3v2 shape.**
  - Wingers start wide but **quickly lose their width** as they approach goal.

- Wingers take on defenders 1v1 and go to goal or cut the ball back across the goal.
- To **penetrate** in behind players must be coached to;
  - **Double Movement.**
  - **Aggressive diagonal runs in behind.**
  - **Through Balls.**
  - **1v1.**
  - **Give and Goes.**
  - **Spatial and Temporal relationship between passer and runner.**
- If penetration isn't on, then circulate and probe to search for and create an opening. Don't be rushed in to making bad decisions (temporizar).



**Possible Patterns**





## **JdP Activity:** 4v4+5 Defending from the Front

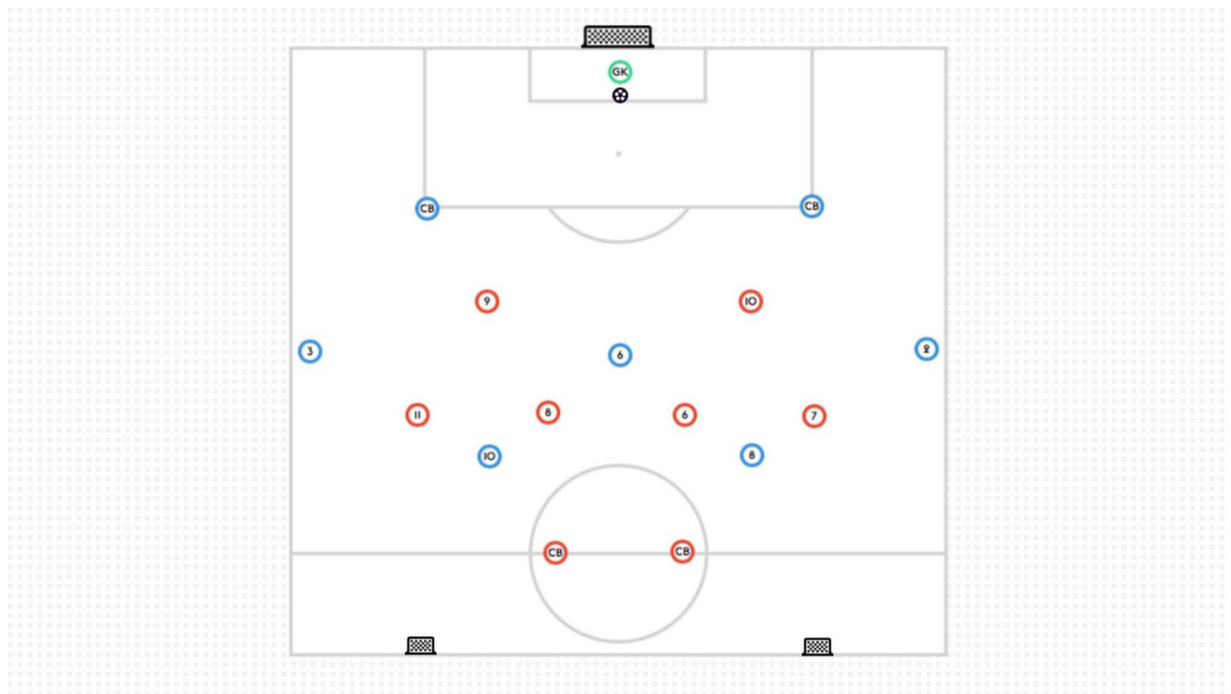
**Organization:** JdP 4v4+5.

**Instruction:** Attacking team score by passing to the Targets (North and South). Defending team defending like they are defending from the front in a **2 press**, in accordance with the Game Model.

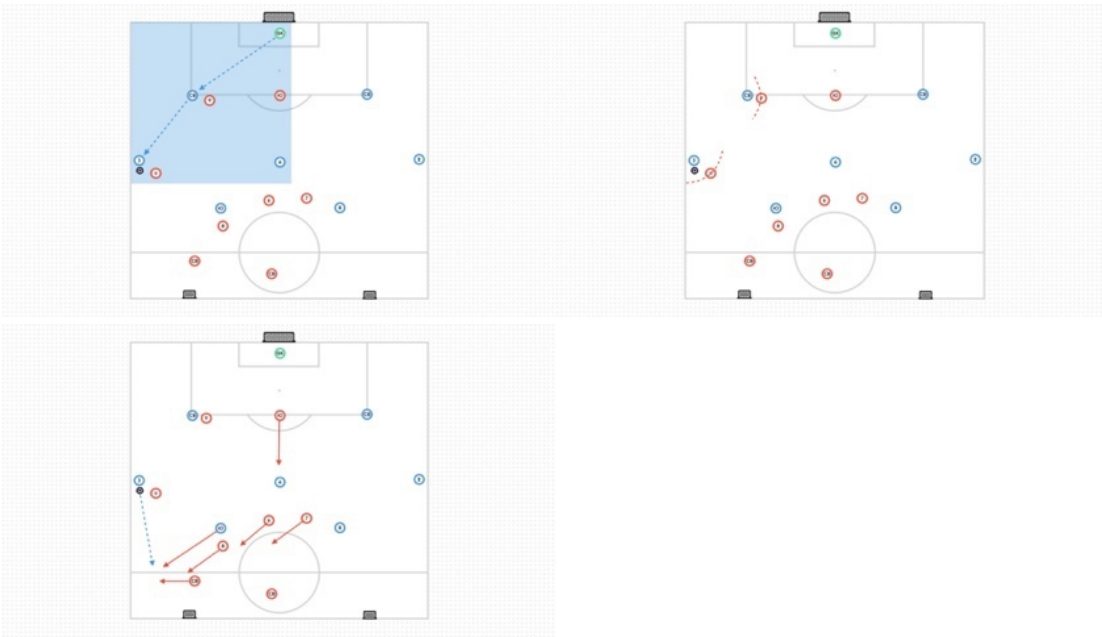
## **Coaching Points**

- The Front-Line work as a **unit**;
  - Neutral starting positions.
  - One player shows the ball down the line and prevents it from being played internally.
  - The second player acts to block the back pass to the Target as well as screening internal passes.
  - Try to reduce the usable playing area.
- The Midfield Line work as a **unit**;
  - Neutral starting positions.
  - Shift and compact to the strong side the instant the ball is moved.
  - Show the ball down the line.

- Prevent internal passes/dribbles. Keep the ball out wide.
- All Lines
  - Aggressively win the ball if it is on, bad touch, back to play, looks shaky etc.



**Possible Patterns**



**Coached Game:** Defending from the Front.

**Organization:** 1 big goal. 2 counter goals.

**Instruction:** Focus team are trying to defend in accordance with the principles from the Game Model.

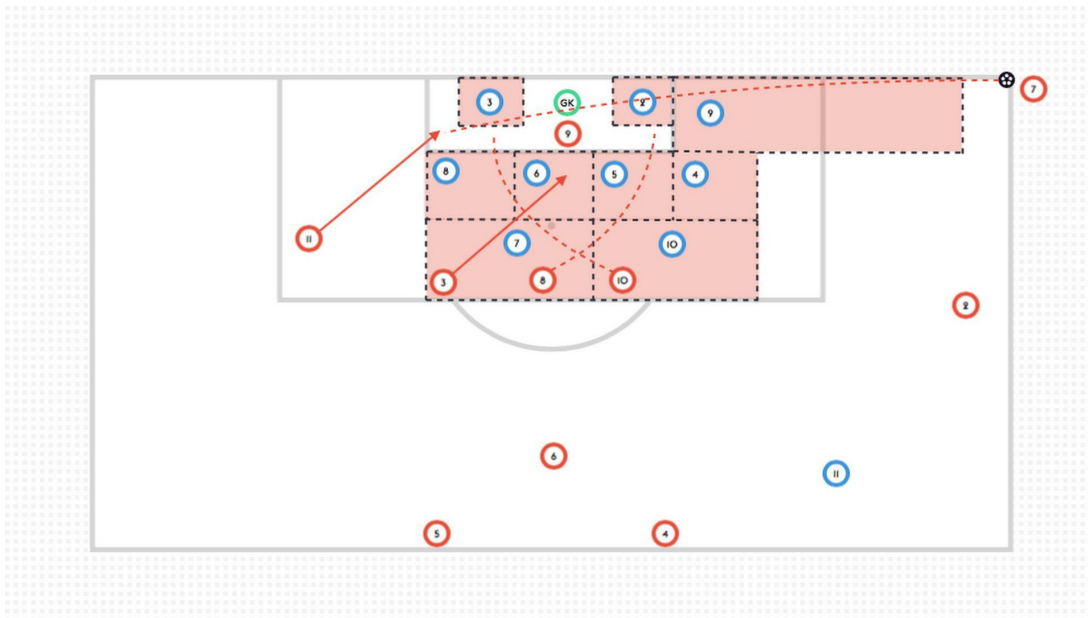
**MARKER** – this topic now needs to be passively coached in all future sessions.

**Coaching Points** - Take 60 seconds to quickly model some of the potential solutions, pictured above.

- The Front-Line work as a **unit**;
  - Neutral starting positions.
  - One player shows the ball down the line and prevents it from being played internally.
  - The second player acts to block the back pass to the Target as well as screening internal passes.
  - Try to reduce the usable playing area (blue area).
- The Midfield Line work as a **unit**;
  - Neutral starting positions.
  - Shift and compact to the strong side the instant the ball is moved.

- Show the ball down the line.
  - Prevent internal passes/dribbles from the FB/Winger. Keep them out wide.
  - Track run of running players (pictured).
  - Fill in the defensive slot left by a player that is tracking a runner (pictured).
- The Back-Line work as a unit;
  - Shift and drop with the ball and runners.
- All Lines
  - Aggressively win the ball if it is on, bad touch, back to play, looks shaky etc.

## Session: Attacking Corners



### Attacking Corner

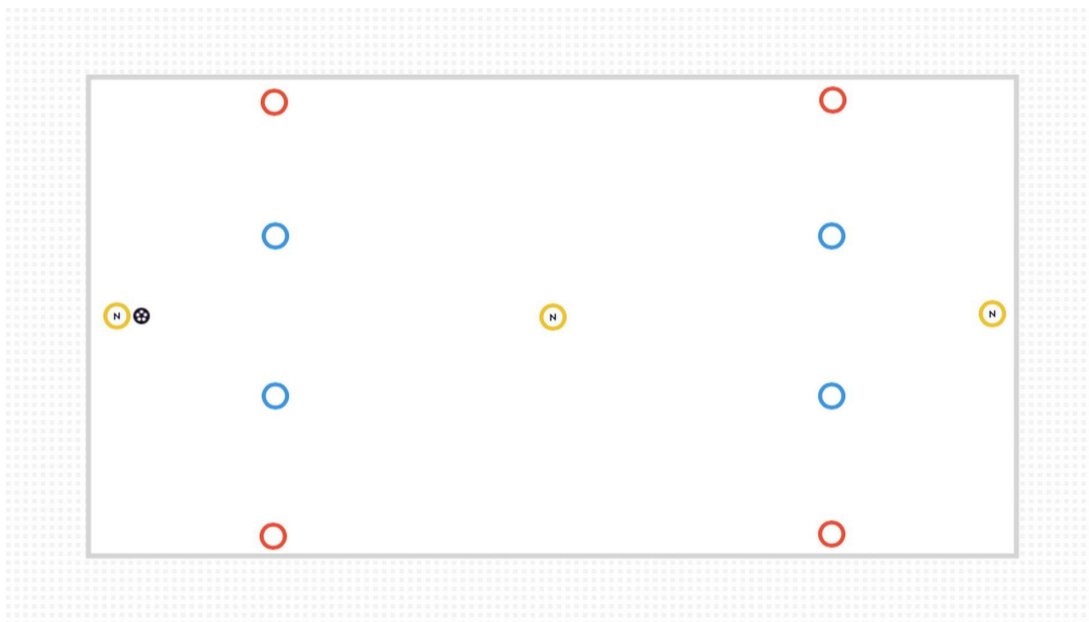
**Organization:** As above.

**Instruction:** Defending team set up to defend corners and attacking team set up, as above, to score.

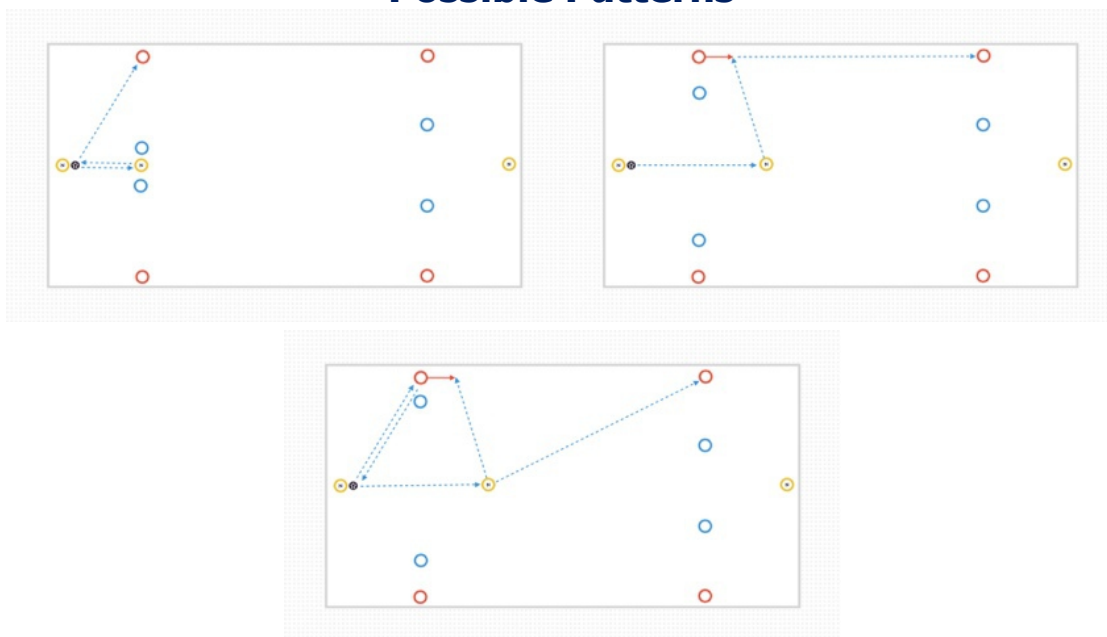
### Coaching Points

- Players are set up as above (#4, #5 & #6 are there as a **defensive balance** to prevent/slow down a counter attack).
  - They are also there to **recirculate the ball** if the corner fails.
- Weak side winger **aggressively crashes the back side of the box** on anything deep or over hit.
- #9 **stays on the keeper**, generally disrupts him and competes for a delivery that is 'on keeper'.
- #3 makes an **aggressive run cutting through the wall** to around the penalty spot.
- #3 & #10 makes '**crossed runs**' from their relative starting positions to aggressively attack the **front and back posts**.
- Mindset;
  - **Be aggressive, be first.**
- Follow in;
  - Be the first to any cleared headers or saves to score on the **rebound**.

## Session Plan: Playing out of the Back Part 1 of 4.



## Possible Patterns



## Warm Up: 4v4+3 Rondo

**Organization:** 4v4+3. If coach has big numbers, then add neutrals.

**Instruction:** The neutrals (yellows) play with possession. Possessing team can only move up and down their line (apart from the #6). Defending team can go anywhere. Both teams manage the transitional moments in the game (**the game never stops**), so

when the defending team win the ball they must maintain possession whilst they adopt their attacking shape (on the lines as pictured) and the defending team must come in (off their lines) and try to win the ball (and vice versa).

**Video** <https://www.youtube.com/watch?v=vjHC36vAdDo>

**Coaching Points:** Take 60 seconds to quickly model some of the potential solutions, pictured above.

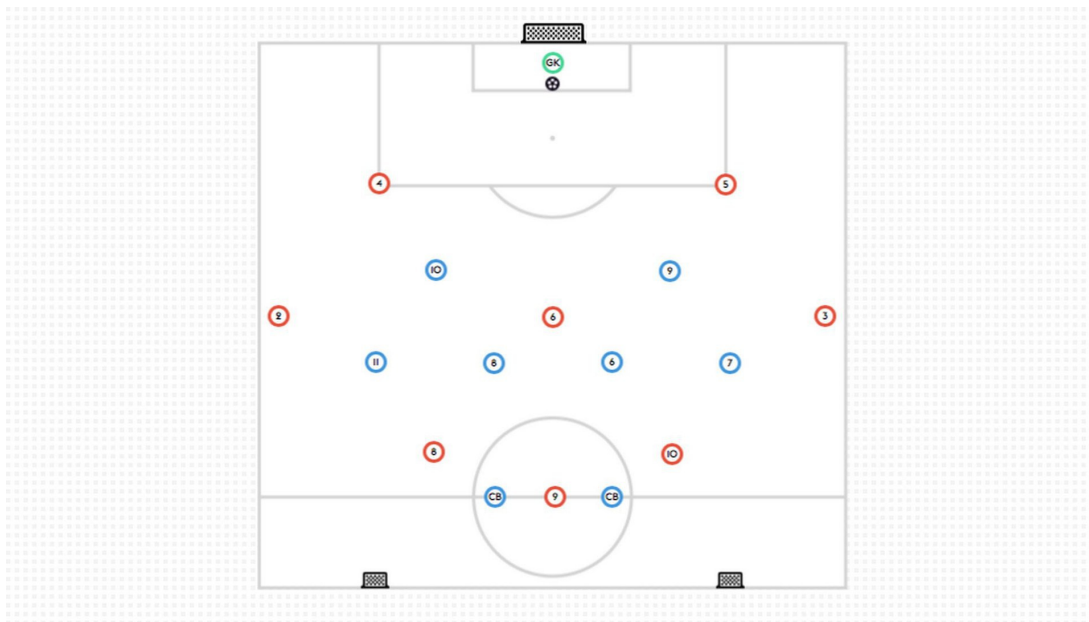
- Fix the structure (width & Depth).
- Coach the **when and why of back vs front foot** receiving.
- Coach the positional supporting roles, responsibilities and relationships of players to each other;
  - **attracting defenders to the ball to create space elsewhere** (false touches if needed).
  - **#6 constantly supporting play** & tries to receive in **behind the lines of pressure**.
  - depth of wide players (FBs/Wingers) **moving up & down the line** to support the ball depending upon where the **defender, ball and teammates all are**.
  - When #6 receives the ball, that's the cues for FBs/Wingers to get ahead of the ball.
- **First look should be forward to penetrate**, if it is not on, then maintain possession to **circulate and probe** for another opening.
- Coach Third Man Movements (**#6 setting the ball back** to the supporting wide players).
- Coach technical aspects like speed of play, back v front foot receiving & weight of pass etc.



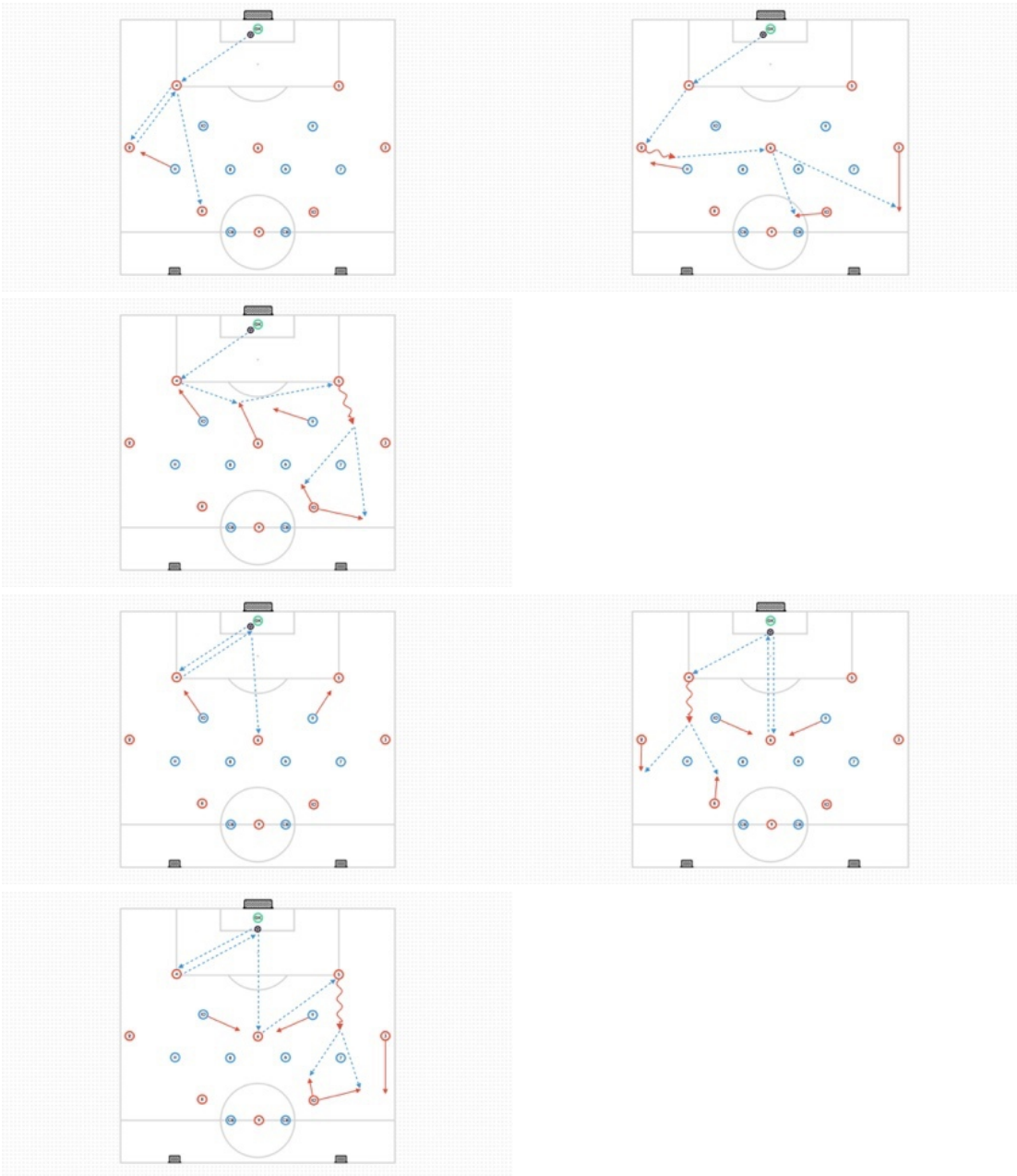


**Coaching Points:** Take 60 seconds to quickly model some of the potential solutions, pictured above.

- Fix the **width and depth** of all players immediately;
  - **Spatial relationships** between CBs
  - **Spatial relationships** between CBs and FBs.
- These passes must be **driven at speed** with accuracy, especially from CB to CB.
- All players, especially the CBs must take the ball across their body (**body orientation**).
- CB must **drive with the ball** quickly to break free of 'recovering defender'.
  - The pass to him must help him achieve this by being played to the right space.
- '**Offensive depth**' underneath the ball is vital from the CB when the FB has the ball.
- Players must develop a comfort level with regards to swinging the ball around under pressure.
- FB must learn to **break the pressure on the inside** of the field and connect with the #6 to open up a switch of play.



## Possible Patterns



**JdP Activity:** Playing out of the Back.

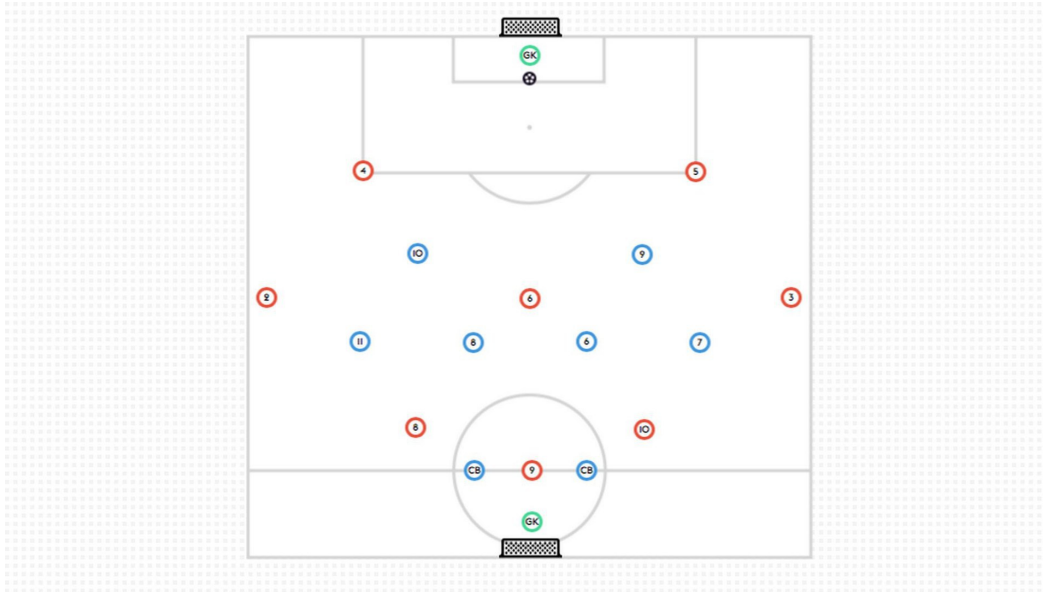
**Organization:** Progression from the previous passing pattern (6v4).

**Instruction:** GK starts the game. The Red Team tries to score in either of the two counter goals by **DRIBBLING**. The Blue Team tries to score in the big goal. Red Team always starts with the ball.

**MARKER** – this topic now needs to be passively coached in all future sessions.

**Coaching Points:** Take 60 seconds to quickly model some of the potential solutions, pictured above.

- Fix the **width and depth** of all players immediately;
  - **Spatial relationships** between CBs
  - **Spatial relationships** between CBs and FBs.
- These passes must be **driven at speed** with accuracy, especially from CB to CB.
- All players, especially the CBs must take the ball across their body (**body orientation**).
- CB must **drive with the ball** quickly to break free of 'recovering defender'.
  - The pass to him must help him achieve this by being played to the right space.
- '**Offensive depth**' **underneath the ball is vital** from the CB when the FB has the ball.
- Players must develop a comfort level with regards to swinging the ball around under pressure.
- FB must learn to **break the pressure on the inside** of the field and connect with the #6 to open up a switch of play.



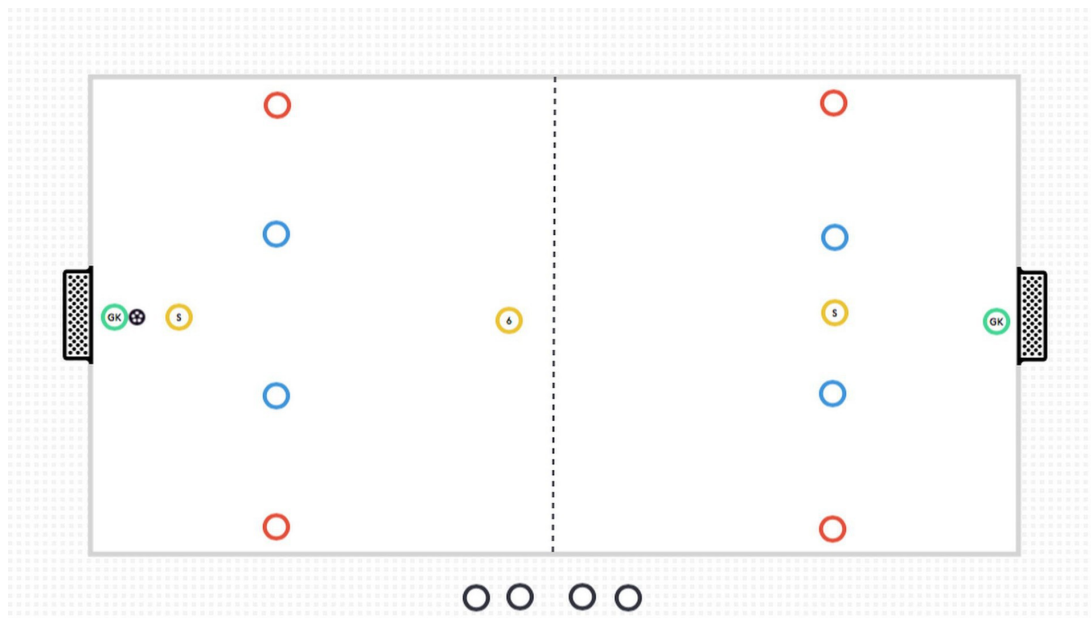
**Coached Game:** A coached game to instil the concepts of the session.

### Coaching Points

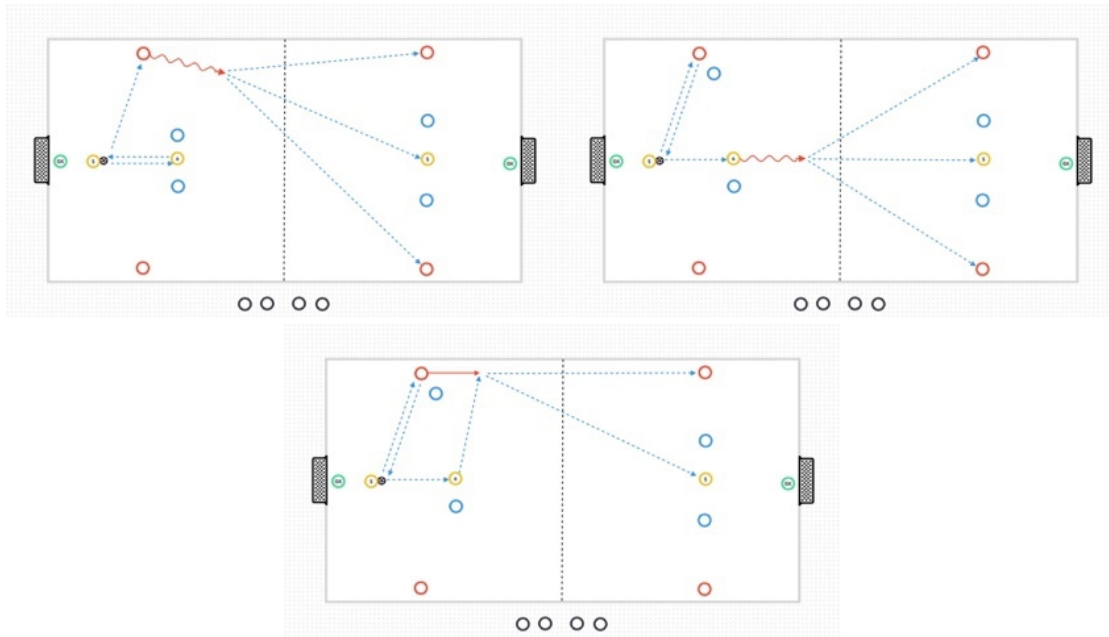
- The coach must bring out the **key concepts** from the session.
- Fix the **width and depth** of all players immediately;
  - **Spatial relationships** between CBs
  - **Spatial relationships** between CBs and FBs.
- **Heads-up soccer.** The Red Team, especially the CBs, must see what is on and not on.
- These passes must be **driven at speed** with accuracy, especially from CB to CB.
- All players, especially the CBs must take the ball across their body (**body orientation**).
- CB must drive with the ball quickly into midfield to **break lines of pressure**.
  - The pass to him must help him achieve this by being played to the right space.
- **'Offensive depth'** underneath the ball is vital from the CB when the FB has the ball.

- As the #6 drives upfield with the ball the back line must **push up in support.**
- If the #6 turns to play back because he has no options, the **CBs must drop and open to receive.**
- Players must develop a **comfort level** with regards to **swinging the ball around under pressure.**
- FB must learn to **break the pressure on the inside** of the field and connect with the #6 to open up a switch of play.

## Session Plan: Playing out of the Back Part 2 of 4 (playing out against a 1 press).



**Possible Patterns**



### Warm Up Activity: Over the River.

**Organization:** A grid with two zones divided by a half-way line. 4v4+3+GKs (if big numbers, one team waiting).

**Instruction:** Both teams divided equally across the two halves and must remain there. Neutral #6 (Yellow) can go wherever he wants. The attacking team can only score by passing to their striker and having him score (S Yellow).

When the defending team wins the ball, they **transition**.

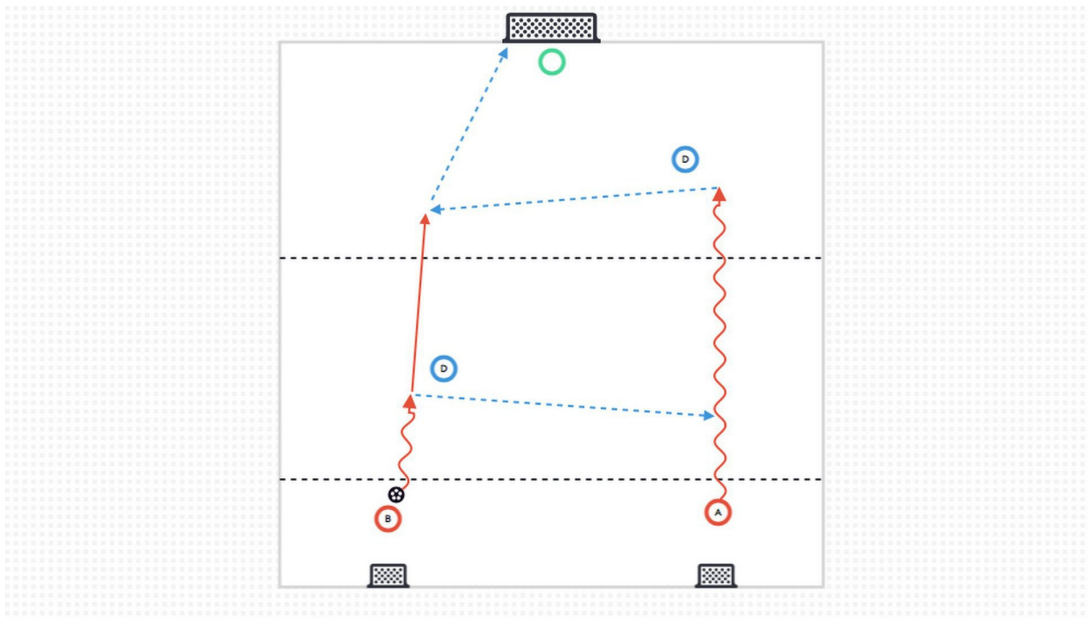
Teams are rotated out every 3 minutes or so.

**Penetration**, not circulation, is the main objective of this activity.

### Coaching Points:

- Fix the structure (**width & depth**) to be able to **possess** the ball, **move the defenders** around and have **time** and **space** to **penetrate** into the next Zone.
- First look should always be **forward**, if nothing is on, then look sideways or backwards to reload play.

- **Penetration**, not circulation, is the main objective of this activity.
- Receiving players must be constantly **dismarking** to **receive with purpose** and allow **penetration**.
- Force players to get comfortable with the **longer passing distances**.
- **Vary passing distances** and **tempo** to avoid pressing traps.
- **Transition**
  - Negative - should be fast and aggressive.
  - Positive – can be to quickly play forward, or if nothing on, recycle the ball, probe and circulate.



**Technical Activity:** 2v2 to Goal (2v1 & 2v1)

**Organization:** 2v1 to goal (2v1 & 2v1) plus a GK. 2 counter goals and 1 big goal.

**Instruction:** The GK serves the ball to Player A or B in the First Zone and they then play 2v1 in the Middle Zone against the 1<sup>st</sup> defender. Once they beat the defender they play 2v1 to goal in the Final Zone.

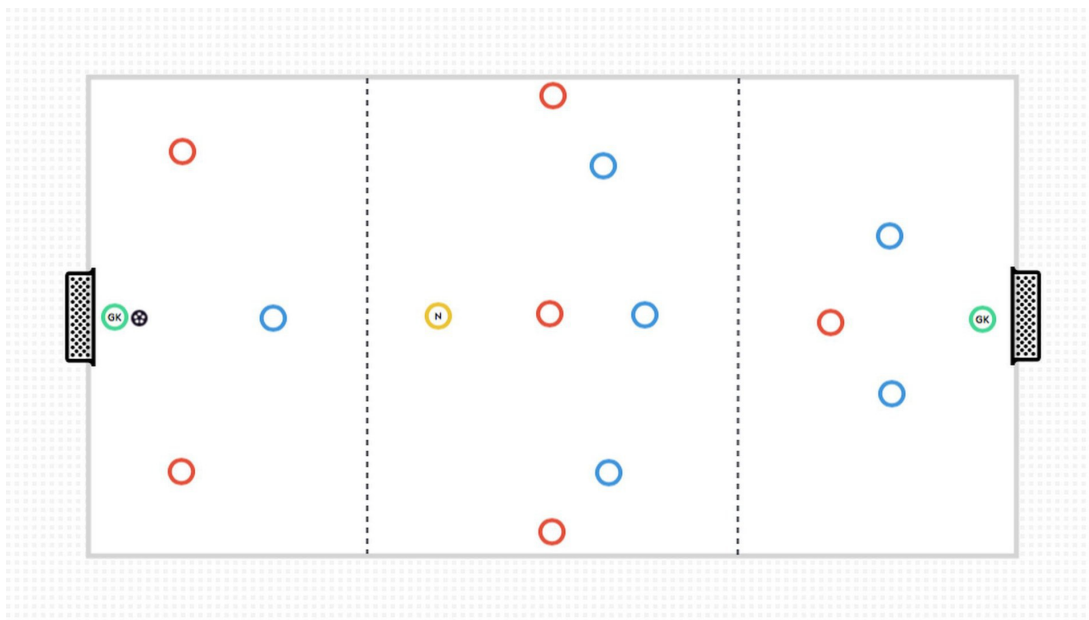


Once they score or the ball goes dead, the players leave the field and swap lines. Each defender is limited to his original Zone except that the first defender can chase and recover once he is beaten.

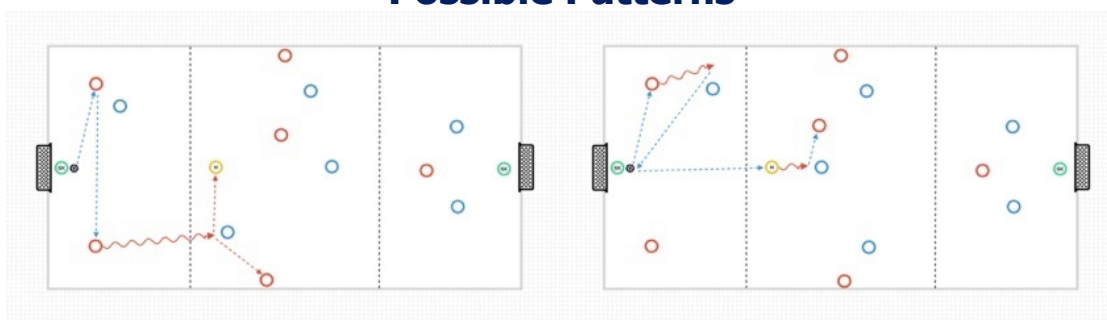
**Coaching Points:** Take 60 seconds to quickly model some of the potential solutions, pictured above.

- Fix the offensive structure (**width & depth**) to gain a **Positional Superiority** over the defender (**2v1**).
- The receiver must have a good first touch to **win the space** in front of him from the defender.
- The ball carrier looks to **engage the defender** and then make the right decision;
  - If the defender engages then he can release his team mate as the **Free Man**.
  - If the defender doesn't engage then he can beat him 1v1 and **penetrate** to the next zone.
- **Off-the-ball Movement** of 2<sup>nd</sup> attacker to always maintain the **Positional Superiority**.
- **Body shape** to receive across the body on the back foot if possible to be in a better position to penetrate forward once he receives the ball.





### Possible Patterns



**JdP Activity:** Playing out against a 1 press

**Organization:** Field divided up in to 3 zones. 2 GKs. 2v1 in both End Zones. All other players in the Middle Zone (2v2/3v3/4v4+1 etc.).

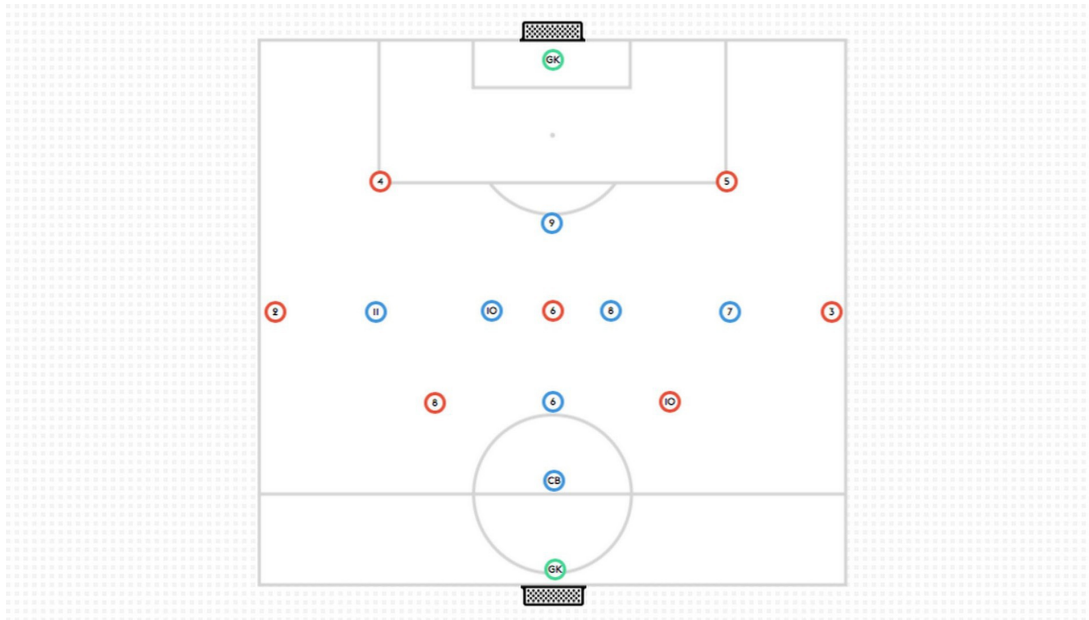
**Instruction:** Similar Video (2 pressing)

<https://www.youtube.com/watch?v=Id8cNTKuW7k&feature;=youtu.be>

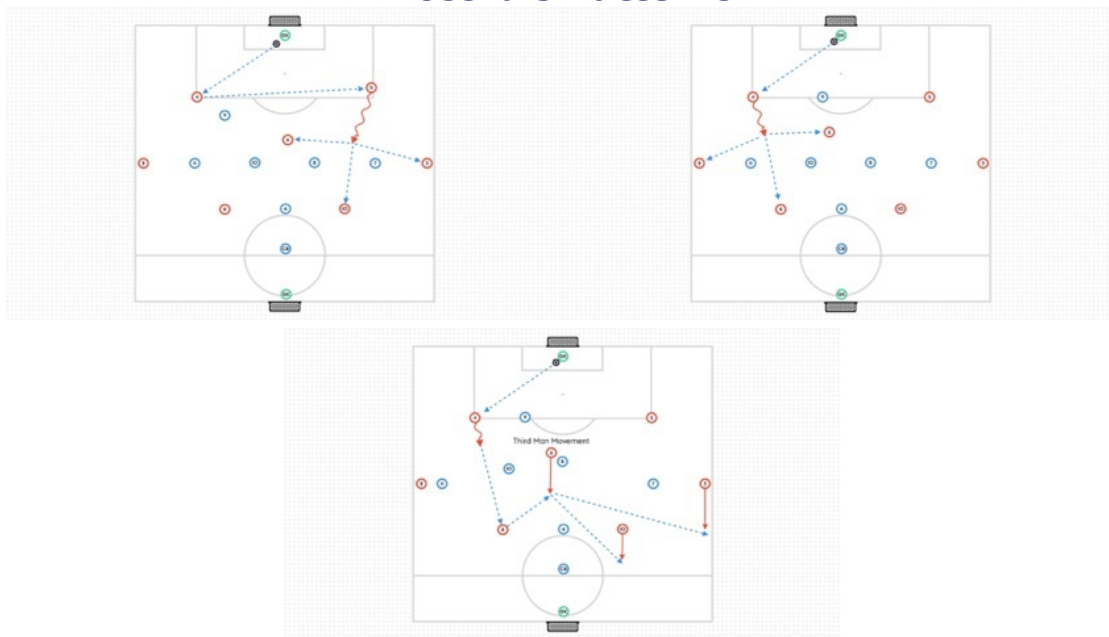
In each End Zone it is always **2v1 in favour of the possessing team**. This is a regular game in every way except that the ball can **only be moved from the End Zone to the Middle Zone by the Centre Backs dribbling**. Once the ball is in the Middle Zone it can be moved in to the other End Zone in any way.

**Coaching Points:** Take 60 seconds to quickly model some of the potential solutions, pictured above.

- Fix the **width & depth** of the two Center Backs to find the **Free Man**.
  - CBs & GK can **circulate** the ball in order to move the defender around and help create this.
  - Adjust the **width & depth** of the 'FBs' to give the CB options.
- The **pass** and **touch** must be **firm enough** to allow the receiving CB to **break the line of pressure** and burst into the Middle Zone relatively unopposed.
  - If unable to break lines then **reset** and **circulate** the ball.
- The dribbling player must move **in-field** to create a **passing angle** with FB & someone in the Middle Zone.
- Middle Zone (midfield) players must start high **to decongest the midfield**, only dropping if needed.
- The players in the Middle Zone must now **recognize** which one of them needs to **dismark** from their defender to **receive with purpose**.



## Possible Patterns

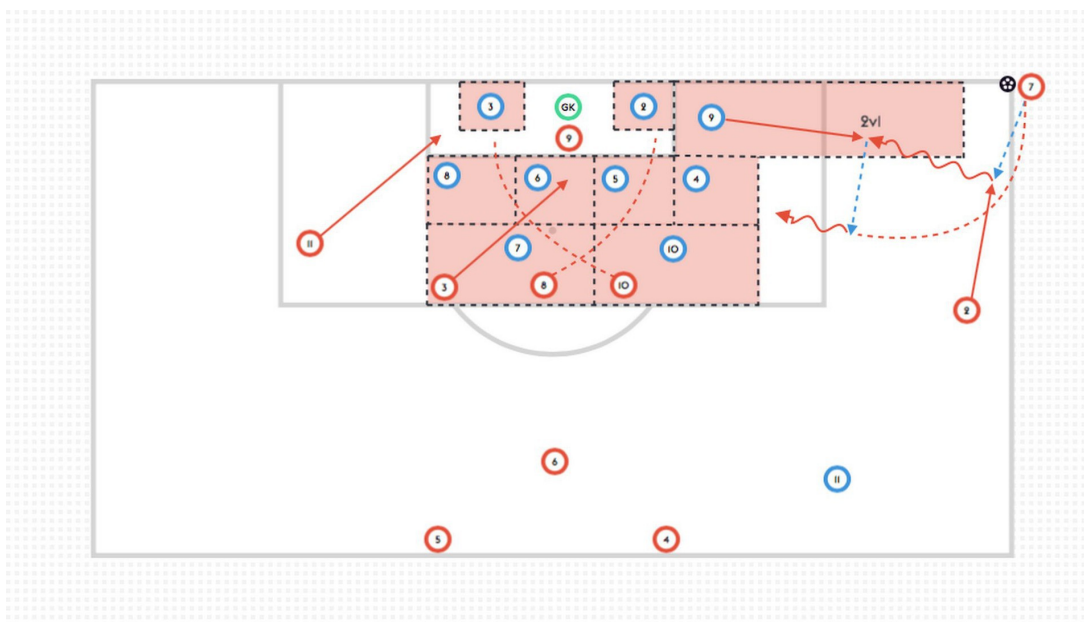


**Coached Game:** A coached game to instil the concepts of the session. A numbers up/down game may be best for ingraining the concepts in the players. Remember to set the game up so that the defending team presents with a '**1 press**'.

**Coaching Points:** Take 60 seconds to model the above solutions.

- The coach must bring out the key concepts from the session.
- First fix the offensive structure (**width & depth**);
  - Midfield players should start high to **decongest the midfield**, only showing if needed, to disguise their movements.
- Coach the #6 to **recognize**;
  - **when he is not pressed tight** or CBs are not pressed, he can **stay high** to receive a pass.
- **Coach the back line & #6 to circulate and probe** for openings;
  - isolating a **2v1 to play out**.
  - If defenders **over commit**, then connect a **longer pass** to an open midfield target.
  - Coach the midfield to recognize the cues for the long pass & to dismark to **receive with purpose**.
  - Coach the **Third Man Movement** triggered by a **long, flat pass** into midfield.

## Session: Short Corners



## Short Corner

**Organization:** As above.

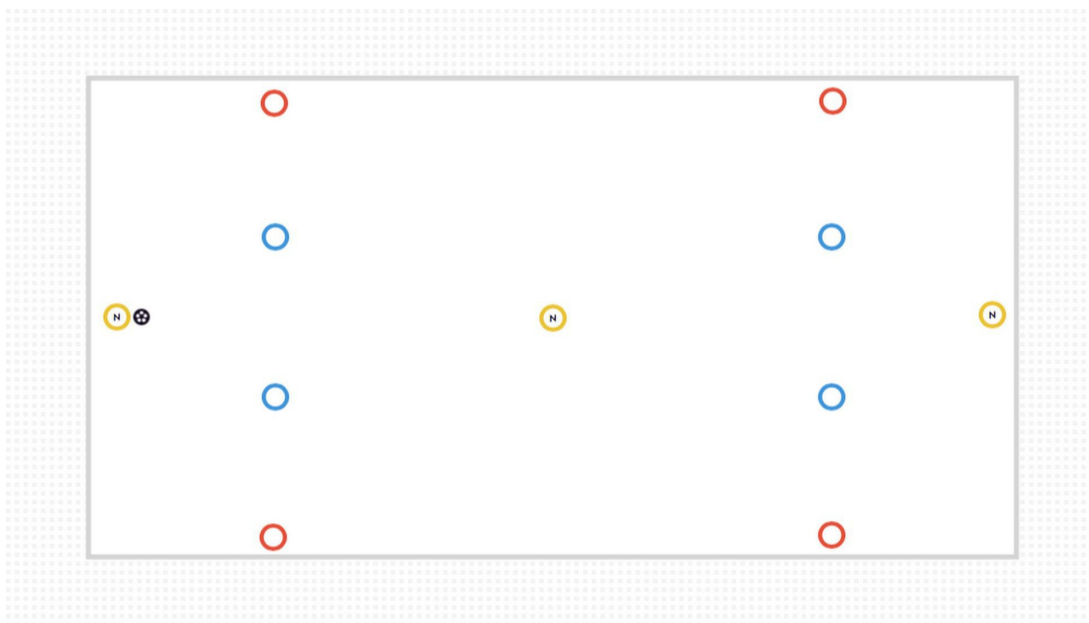
**Instruction:** Defending team set up to defend corners and attacking team set up, as above, to score.

## Coaching Points

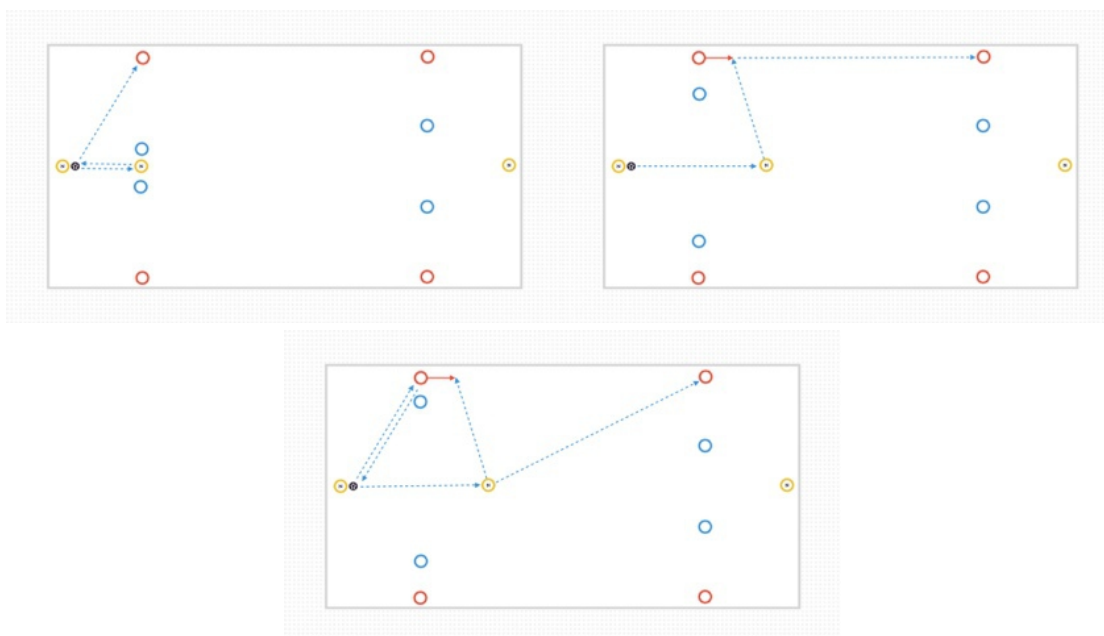
- #2 quickly checks to the ball and a short corner is taken (as pictured above);
  - #2 must **disguise his intention** until the very last second then move quickly.
  - **Isolate the 2v1** to pull a defender out of their defensive slot.
- If short corner is executed correctly it allows for the ball carrier to **serve as normal** (but from closer range) or to **shoot**.
- Players are set up as above (#4, #5 & #6 are there as a **defensive balance** to prevent/slow down a counter attack).
  - They are also there to **recirculate the ball** if the corner fails.
- Weak side winger **aggressively crashes the back side of the box** on anything deep or over hit.

- #9 **stays on the keeper**, generally disrupts him and competes for a delivery that is 'on keeper'.
- #3 makes an **aggressive run cutting through the wall** to around the penalty spot.
- #3 & #10 makes '**crossed runs**' from their relative starting positions to aggressively attack the **front and back posts**.
- Mindset;
  - **Be aggressive, be first.**
- Follow in;
  - Be the first to any cleared headers or saves to score on the **rebound**.

## Session Plan: Playing out of the Back Part 3 of 4 (playing out against a 2 press).



**Possible Patterns**



## Warm Up: 4v4+3 Rondo

**Organization:** 4v4+3. If coach has big numbers, then add neutrals.

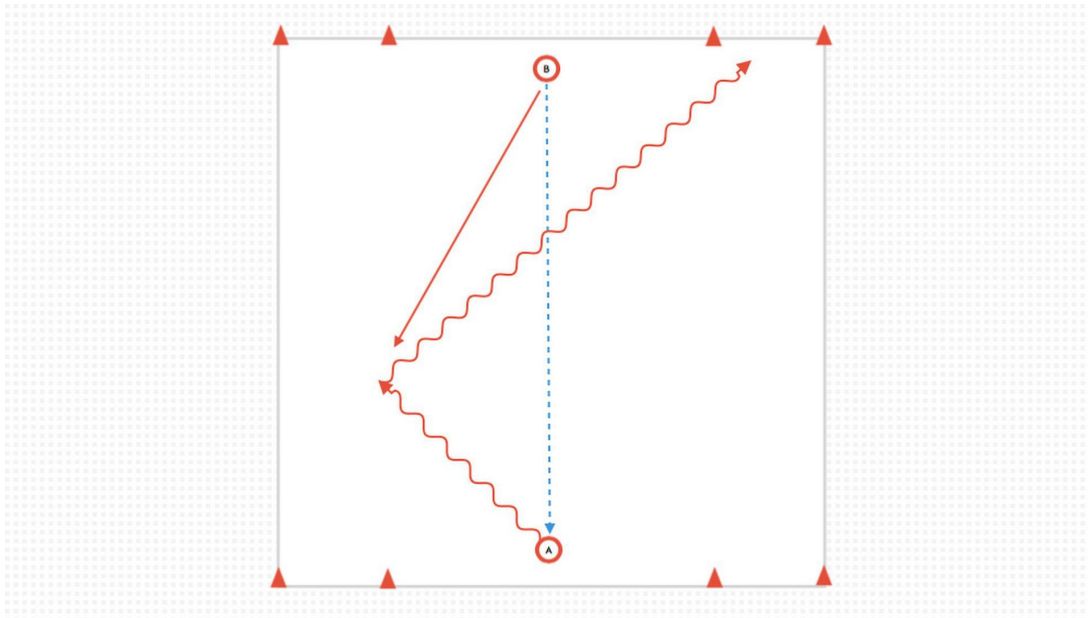
**Instruction:** The neutrals (yellows) play with possession. Possessing team can only move up and down their line (apart from the #6). Defending team can go anywhere. Both teams manage the transitional moments in the game (**the game never stops**), so when the defending team win the ball they must maintain possession whilst they adopt their attacking shape (on the lines as pictured) and the defending team must come in (off their lines) and try to win the ball (and vice versa).

**Video** <https://www.youtube.com/watch?v=vjHC36vAdDo>

## Coaching Points:

- Fix the structure. Walk the players through some of the above variations the first few times.
- Coach the **when and why of back vs front foot** receiving.
- Coach the positional supporting roles, responsibilities and relationships of players to each other;

- **attracting defenders to the ball to create space elsewhere** (false touches if needed).
- **#6 constantly supporting play** & tries to receive in **behind the lines of pressure**.
- depth of wide players (FBs/Wingers) **moving up & down the line** to support the ball depending upon where the **defender, ball and teammates all are**.
- When #6 receives the ball, that's the cues for FBs/Wingers to get ahead of the ball.
- **First look should be forward to penetrate**, if it is not on, then maintain possession to **circulate and probe** for another opening.
- Coach Third Man Movements (**#6 setting the ball back** to the supporting wide players).
- Coach technical aspects like speed of play, back v front foot receiving & weight of pass etc.



**Technical Activity:** 1v1

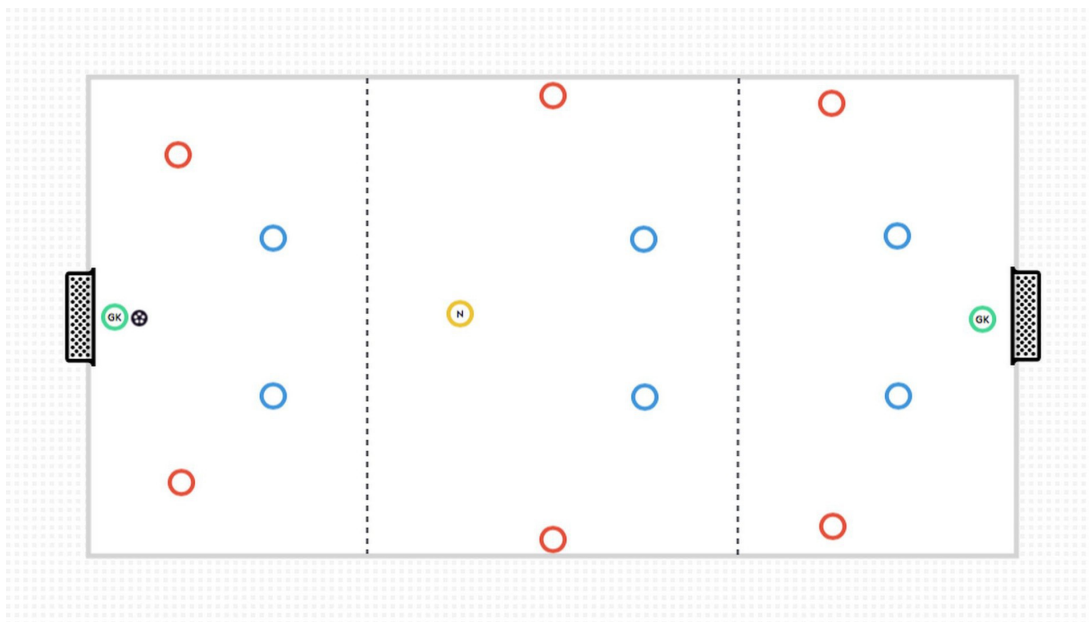
**Organization:** 4 'counter goals'.



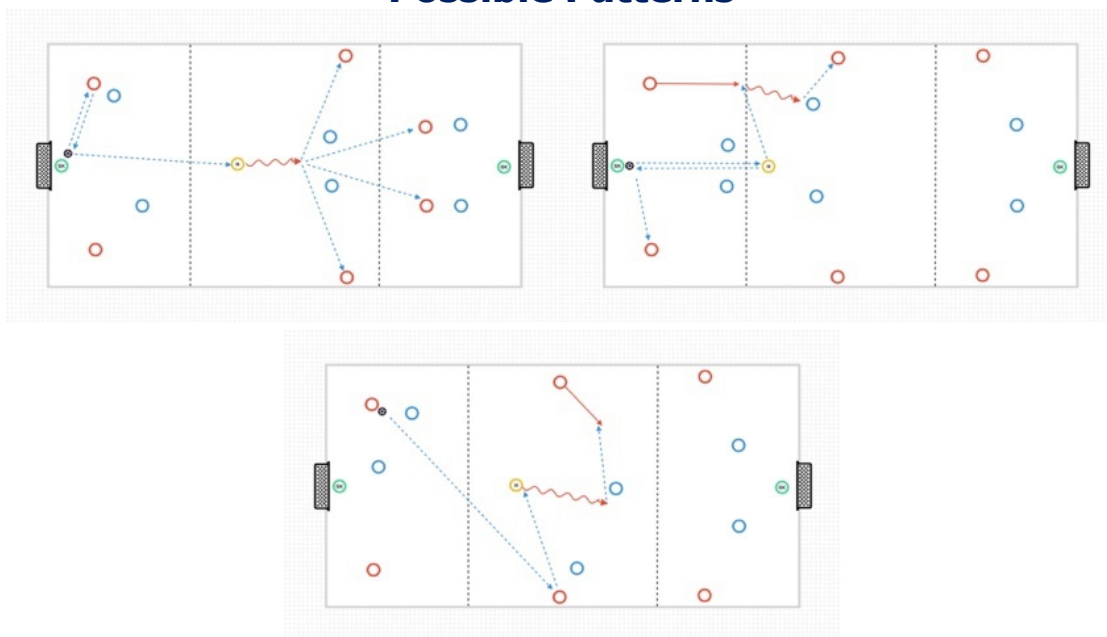
**Instruction:** Player B serves to Player A who now go 1v1 against each other. Players change lines. Can add GKs and goals or can have the emphasis be on dribbling through gates to score.

## **Coaching Points**

- **Energetic, aggressive and fast paced game.**
- Good first touch to **win the space** from the defender (difficult to generate momentum from a standing start).
- **Unbalance the defender** with a feint, body movement, skill or acceleration.
  - **Speed kills.** It is easier to unbalance a defender when travelling at speed.
- Talk about the 3 Es (**Entry/Execution/Exit**);
  - Big Ronaldo touches to win the space (Entry).
  - Little Messi touches whilst engaging the defender to maintain control of the ball (Execution).
  - Big Ronaldo touches to put separation between you and defender (Exit).
- Take them on! Back yourself! Go at them! Be confident! Beat them!
- Coach both **transitional** moments.
- **Opposition Management** - coach the defender to be aggressive, win the space and use the touch line to help them.



### Possible Patterns



**JdP Activity:** Playing out of the Back against a 2 Press.

**Organization:** Field divided up in to 3 zones. 2v2+GK in both End Zones. 2v2+1/3v3+1 etc. in the Middle Zone.

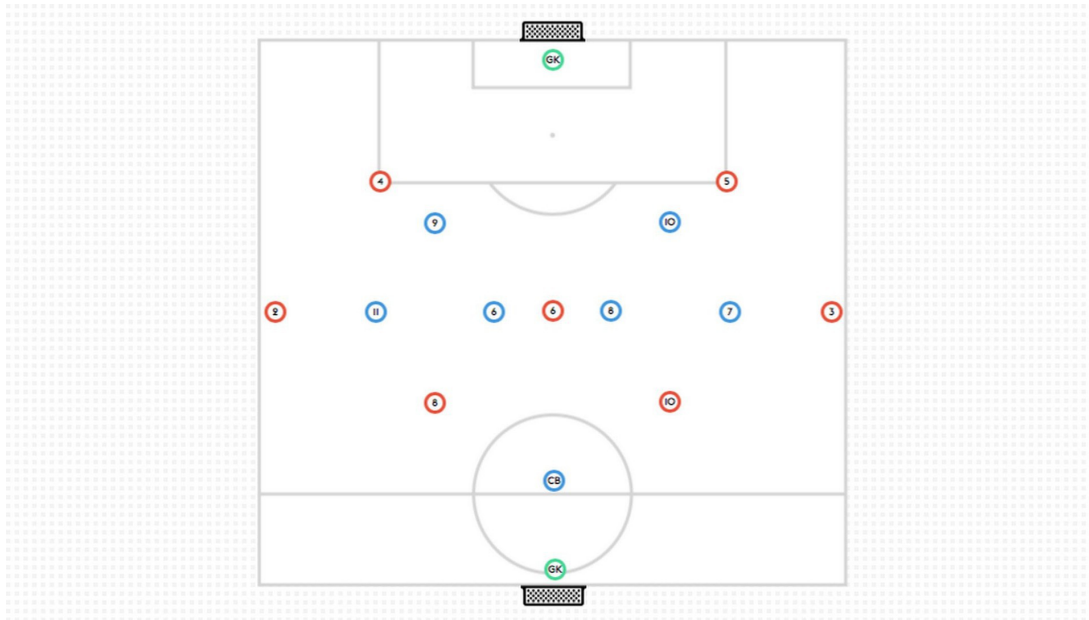
**Instruction:** End Zones Players **must stay in that Zone (2v2+GK)**. Once the ball has been moved into the Middle Zone (**by**

**any means)** players from the Middle Zone can make runs, dribbles and passes into the Final End Zone.

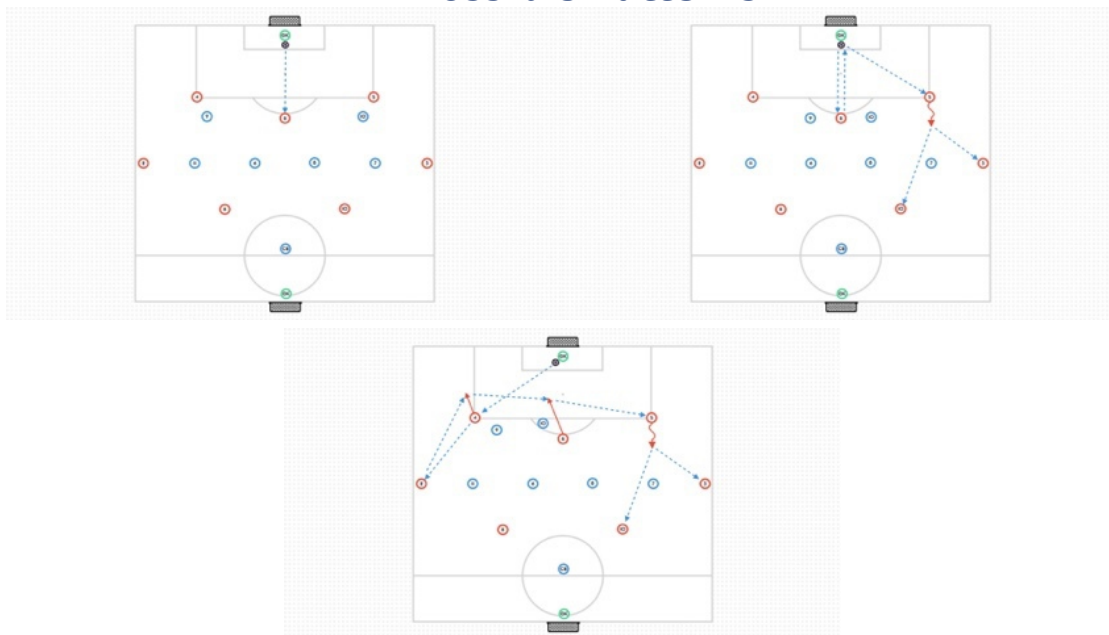
When the ball is lost or goes dead, all players must rest to their original Zones.

**Coaching Points:** Take 60 seconds to model the above solutions.

- First fix the offensive structure (**width & depth**);
  - Midfield players should **start high to decongest the midfield**, only showing once the ball is being circulated to help **disguise** their movements.
- Exploit this space now to find the **Free Man** to **break lines of pressure**.
- If CBs and GK are unable to beat the press, then **#6 can show** and either;
  - **Attract defenders to him, creating space for CBs to receive, or**
  - **Defenders are attracted to CBs creating space for the #6 to receive.**
- The 'FB's/Wide players **must recognize the cue to penetrate** as the **#6 receives with purpose**.
- CBs, GK & #6 may need to circulate the ball themselves to create the space to play out cleanly.
- Midfielders must recognize when to **dismark** and who to **dismark** from in order to create positional superiority and be able to **receive with purpose**.
- If pressure is too high to play out short, then a longer, low flat pass into midfield can be made.
  - Midfield receivers must dismark accordingly.



## Possible Patterns



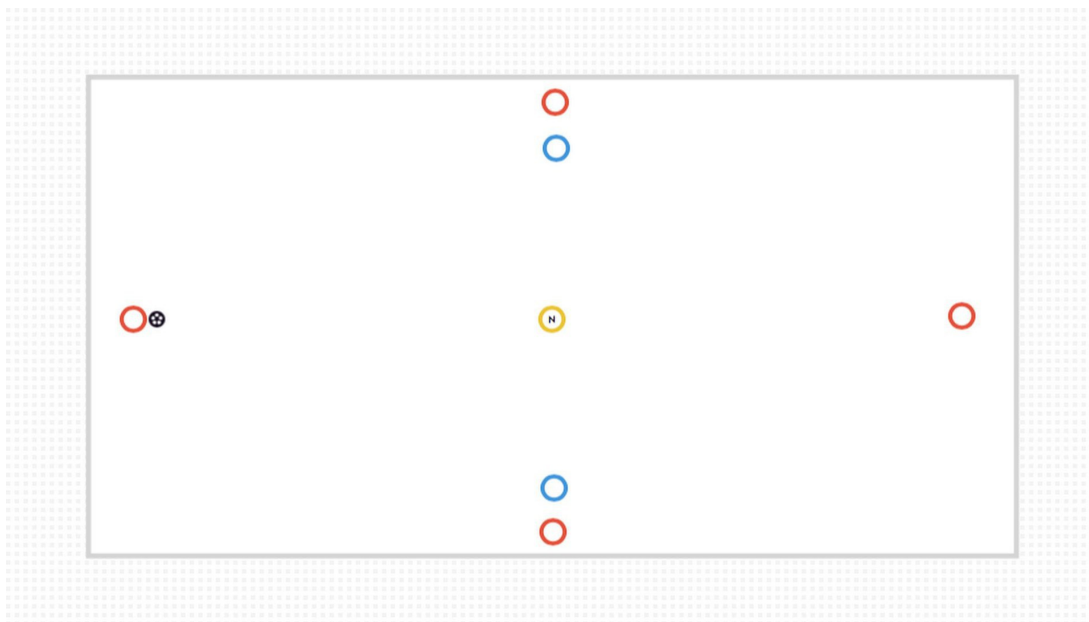
**Coached Game:** A coached game to instil the concepts of the session. Remember to set the defending team up so that they present a '**2 press**'.

**Coaching Points:** The coach must bring out the key concepts from the session.

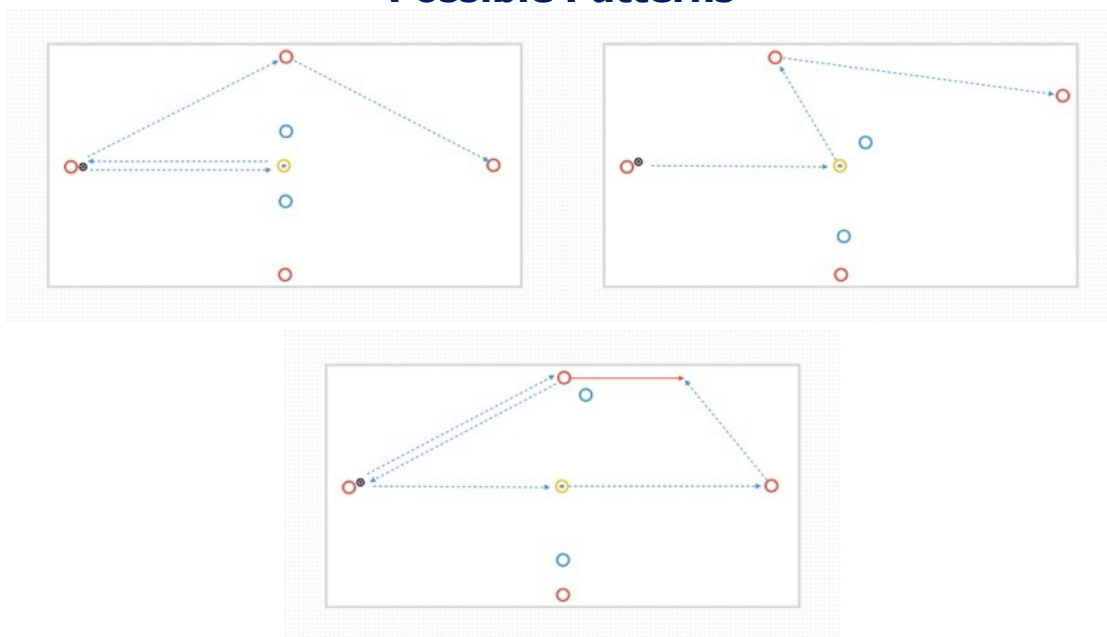
- Take 60 seconds to model the above **solutions**.

- First fix the offensive structure (**width & depth**);
  - Midfield players should start high to **decongest the midfield**, only showing if needed, to disguise their movements.
- Coach the #6 to **recognize**;
  - **when he & the CBs are pressed** that he might need to drop in to make a **back 3**.
  - **when he is not pressed tight** or CBs are not pressed, he can **stay high** to receive a pass.
- **Coach the back line & #6 to circulate and probe** for openings;
  - isolating a **2v1 to play out**.
  - If defenders **over commit**, then connect a **longer, flat pass** to an open midfield target.
  - Coach the midfield to recognize the cues for the long pass & to dismark to **receive with purpose**.
  - Coach the **Third Man Movement** triggered by a **long, flat pass** into midfield.

## Session Plan: Playing out of the Back Part 4 of 4 (playing out against a 3 press).



## Possible Patterns



**Warm Up: Rondo 4v2+1**

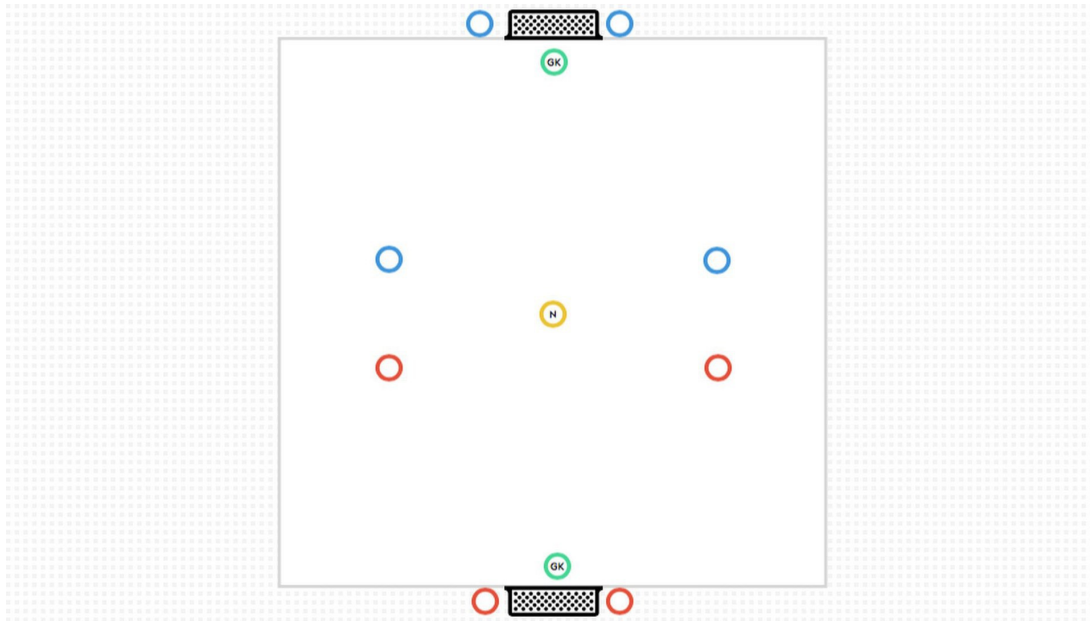
**Organization: 4v2+1**

**Instruction:** The possessing team scores points by passing into the Targets (North & South).

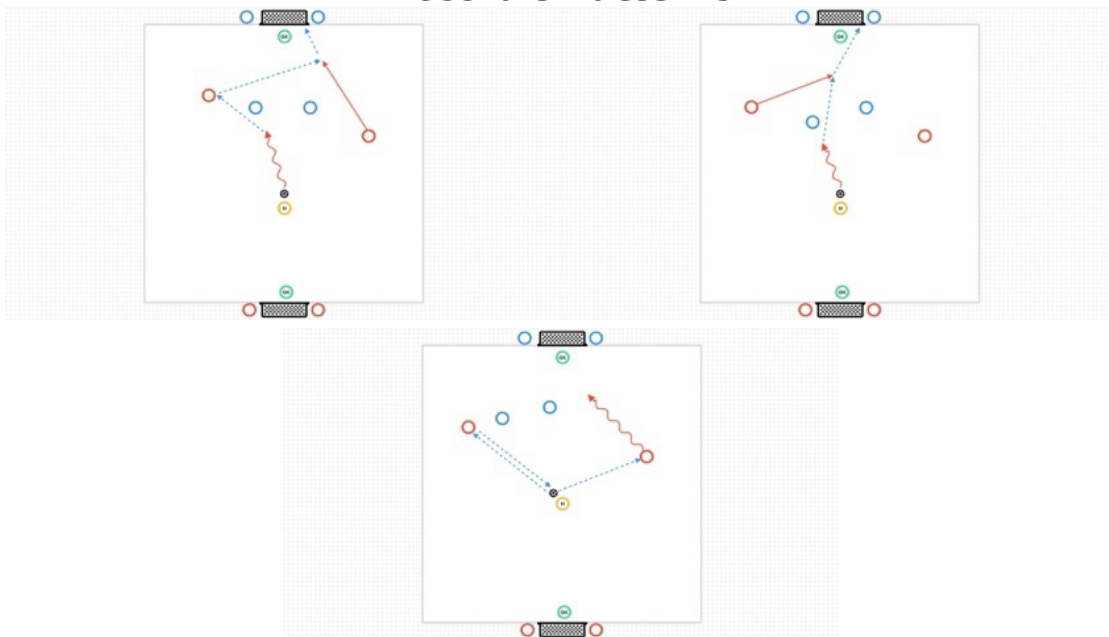
**Coaching Points**

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
- **Move the defensive block around** to open up passing lanes.
- The ball carrier must always have **supporting options**, left, right and ahead;
  - **Adjustment of depth** from the wide players to create passing angles based upon defenders' position is **vital**.
  - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> line passes.
- **Attract defenders** to the ball to create space elsewhere.
  - Off-the-ball players present themselves as options to 'fix' the weak-side defenders to **prevent them from committing** (this is the structural key to pulling the defense apart).
  - The 'Plus 1' player should try to position himself to **receive the ball in behind** the two defenders.
- Try to receive across the body on the back foot if possible, play a combination pass.
  - also coach the when, where and why of front foot receiving.
- Third Man Movements.

**Progression:** 2 touch



## Possible Patterns



**Technical Activity:** 2v2+1 Flying Changes.

**Organization:** 2v2+1 JdP Game. Fairly tight grid, approx. 25\*20 meters.

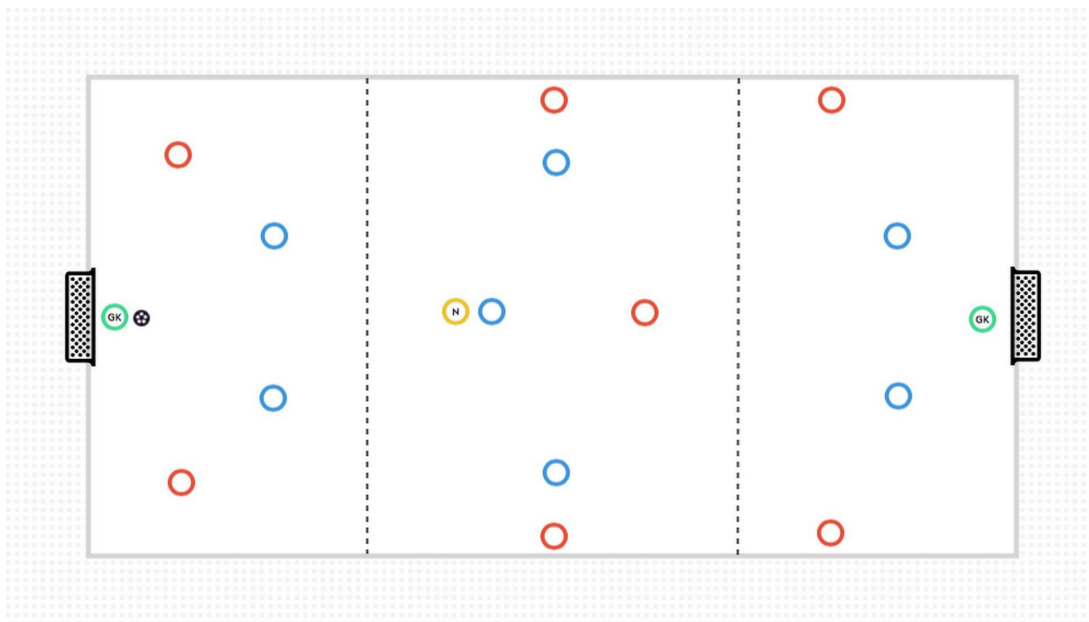
**Instruction:** Red plays against Blue. **Yellow Neutral plays with possession.** When the possessing team score they stay on, go back and get another ball from the GK. The opposition defenders leave



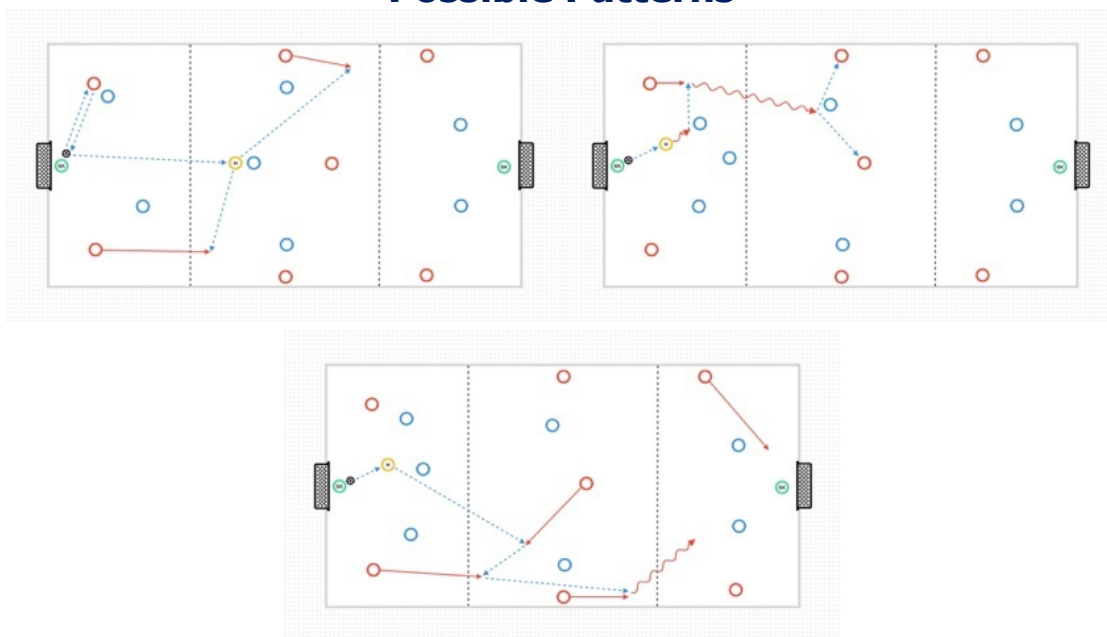
and a new set come on. If the possessing team don't score, they leave the field and the defenders go back to their GK and get a ball and start play against two new defenders.

**Coaching Points:** Take 60 seconds to quickly model some of the potential solutions, pictured above.

- Bring the ball up quickly to **win the space from the defenders.**
- Fix the structure (**width and depth**) to stretch the defense out.
  - Start with the **classic 3v2 shape.**
  - Wingers start wide but **quickly lose their width** as they approach goal.
- Wingers take on defenders 1v1 and go to goal or cut the ball back across the goal.
- To **penetrate** in behind players must be coached to;
  - **Double Movement.**
  - **Aggressive diagonal runs in behind.**
  - **Through Balls.**
  - **1v1/2v1.**
  - **Give and Goes.**
  - **Spatial and Temporal relationship** between passer and runner.
  - If penetration isn't on, then circulate and probe to search for and create an opening. Don't be rushed in to making bad decisions (temporizar).



### Possible Patterns



**JdP Activity:** Playing out of the Back against a 3 Press

**Organization:** Grid divided into three zones. Two goals. 2v2 in End Zones, 3v3/4v4+1 etc. in the Middle Zone.

**Instruction:** When the possessing team is trying to play out of their **End Zone**, the only players allowed in that zone are the **2 CB v 2 Strikers + GK (as pictured)**.

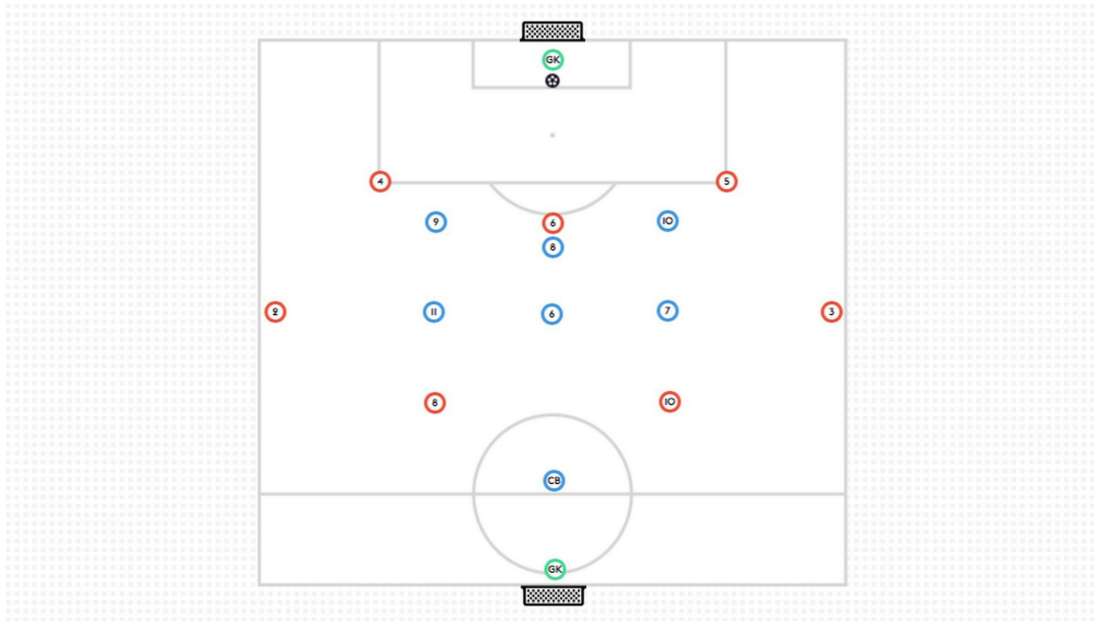
If the #6 on the possessing team is being pressed by the defending team (**these are the 3 players pressing**) then the **#6 may enter the End Zone to support** his team playing out generating positional superiority and isolating a 2v1.

If the #6 goes in then one defender may follow making it 3v3+GK in the End Zone.

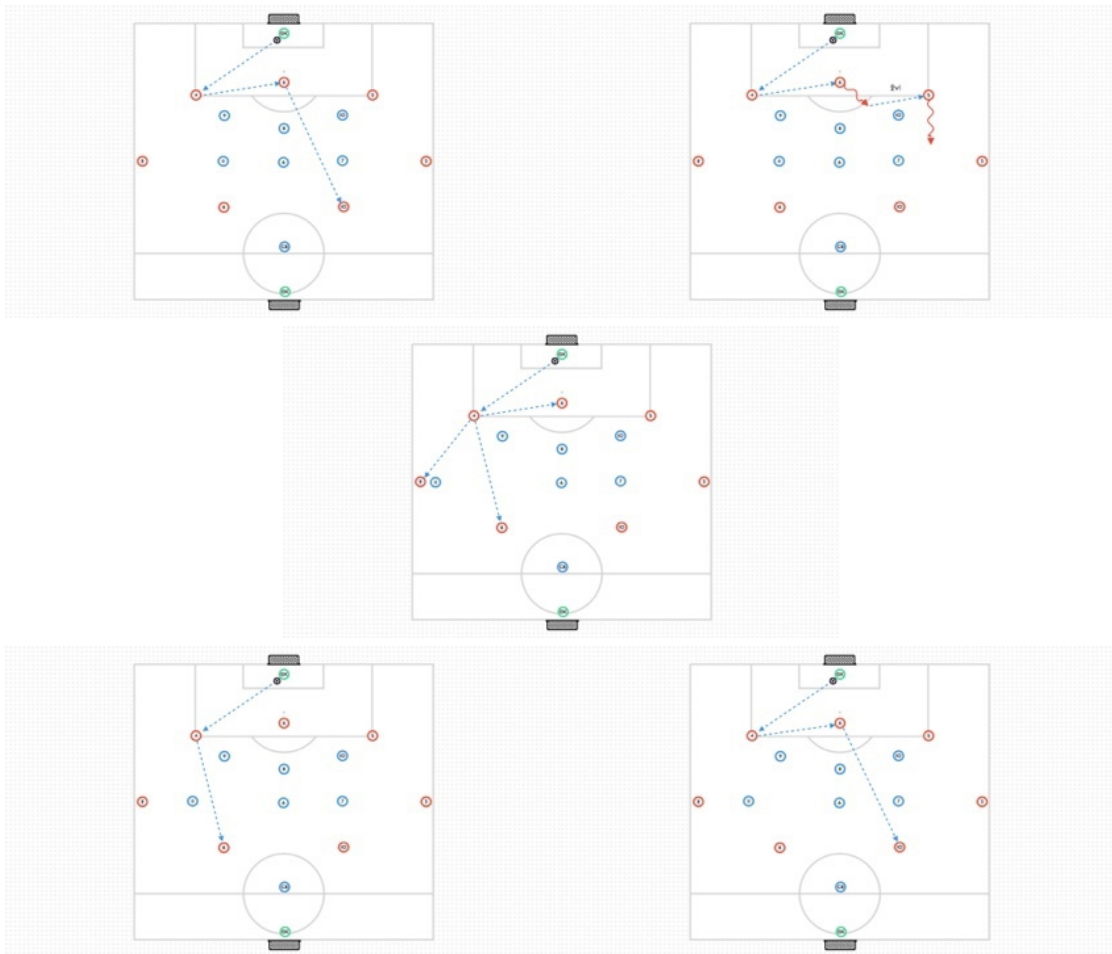
Game resets whenever a GK has the ball. The players then return to their original positions (as pictured).

**Coaching Points:** Take 60 seconds to quickly model some of the potential solutions, pictured above.

- First fix the offensive structure (**width & depth**);
  - Midfield players should start high to decongest the midfield, only showing if needed, to disguise their movements.
- Coach the #6 to **recognize**;
  - **when he is & the CBs are pressed** that he might need to drop in to make a **back 3**.
  - **when he is not pressed tight** or CBs are not pressed, he can **stay high** to receive a pass.
- **Coach the back line & #6 to circulate and probe** for openings isolating a **2v1 to play out**.
- Midfielders must recognize when to dismark and who to dismark from in order to create positional superiority and be able to receive with purpose.
- If defenders **over commit** in the End Zone, **then connect a longer pass** to an open target (GK, CBs or #6 can play this pass).
  - Coach the midfield to recognize the cues for the long pass & to dismark to **receive with purpose**.



## Possible Patterns

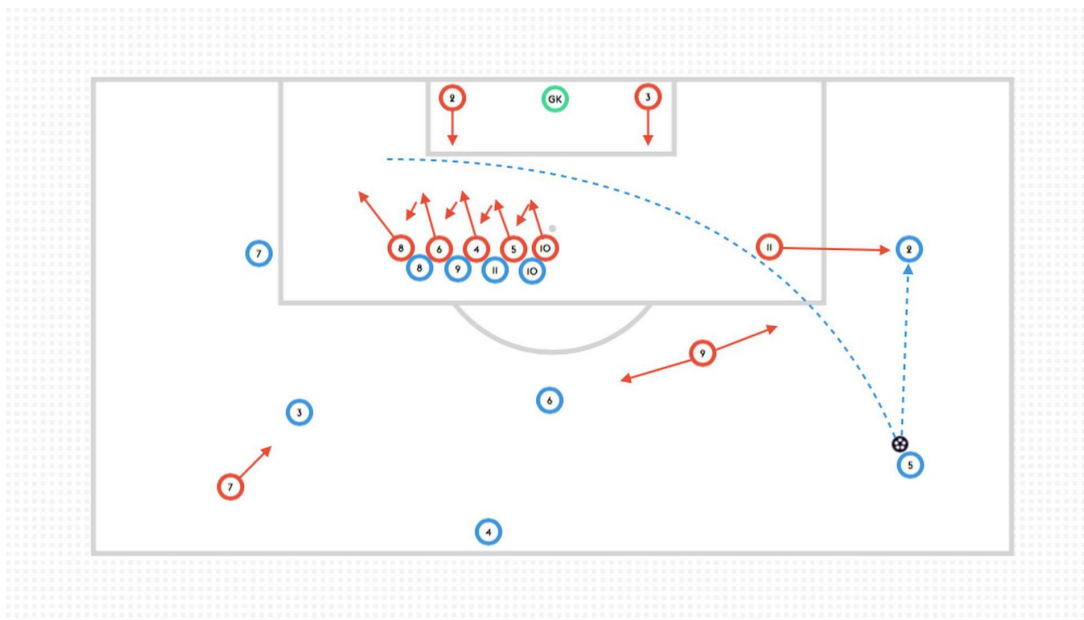


**Coached Game:** A coached game to instil the concepts of the session. Remember to set the defending team up so that they present a '**3 press**'.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- The coach must bring out the key concepts from the session.
- First fix the offensive structure (**width & depth**);
  - Midfield players should start high to **decongest the midfield**, only showing if needed, to disguise their movements.
- Coach the #6 to **recognize**;
  - **when he & the CBs are pressed** that he might need to drop in to make a **back 3**.
  - **when he is not pressed tight** or CBs are not pressed, he can **stay high** to receive a pass.
- **Coach the back line & #6 to circulate and probe** for openings;
  - isolating a **2v1 to play out**.
  - If defenders **over commit, then connect a longer pass** to an open midfield target.
    - Coach the midfield to recognize the cues for the long pass & to dismark to **receive with purpose**.
  - Coach the **Third Man Movement** triggered by a **long, flat pass** into midfield.

## **Session: Defending Free Kicks**



## Defensive Freekick (from a flighted delivery, not a shot).

**Organization:** As above.

**Instruction:** Attacking team set up to serve freekicks and attempt to score from them.

The defending team set up as above and try to prevent scoring opportunities and clear the ball.

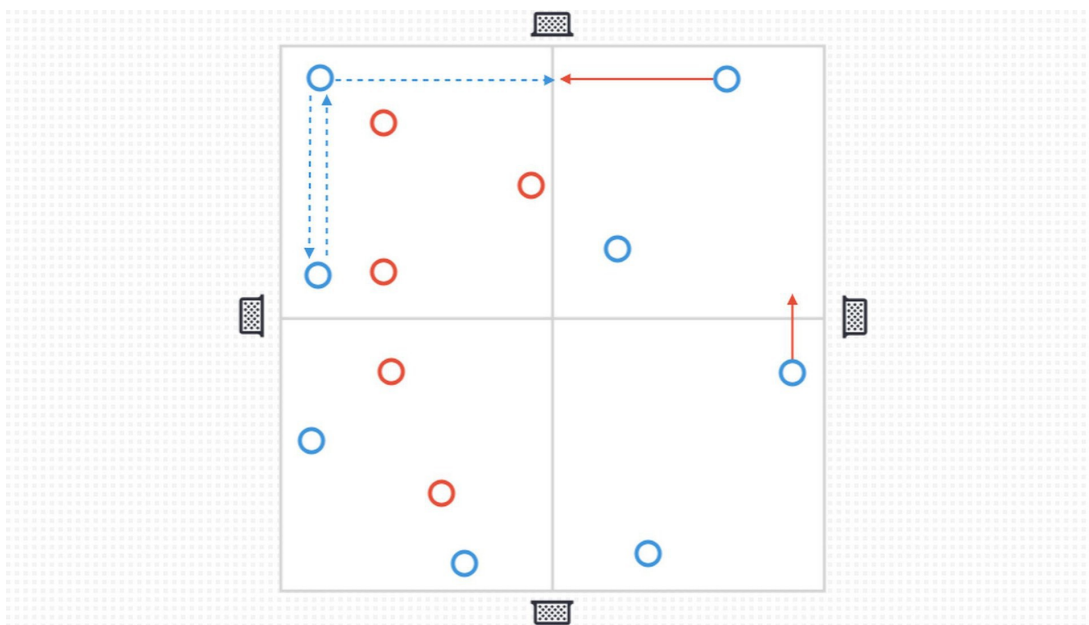
## Coaching Points

- Players take up their positions and try to **aerially** and **physically dominate** those zones.
  - Be first to the ball, climb over the opposition to clear the ball.
  - Mindset – Players must want to **win** the ball.
- Body Shape;
  - Defenders must be **side on**, not square, to see the ball but also any off the ball runners.
- GK **dominates his 6-yard box** in behind his defenders.
- Timing;
  - As the run up of the server starts, the defensive players drop a yard, and then come forward to

attack the ball.

- Block off runners crashing through the wall;
  - Physically **form a barrier** and do not let them run in behind.
- #2 & #3 **stay on the post** & deal with shots & do not leave their position unless they can 100% win the ball.
- #9 **'posts up'** not so much as a wall, but to be able to cover the server and one other **'short passing' option**.
- #11 (strong side winger) stays out to cover a wide player (if nobody there then can join the wall).
- #7 (weak side winger) stays as the out option but close enough to come back and cover ball circulation.

## Session: Switching Play: 1



**Organization:** Rondo broken in to 4 grids.

**Instruction:** Possessing team tries to draw defenders into their box before moving the ball to find a Free Man.

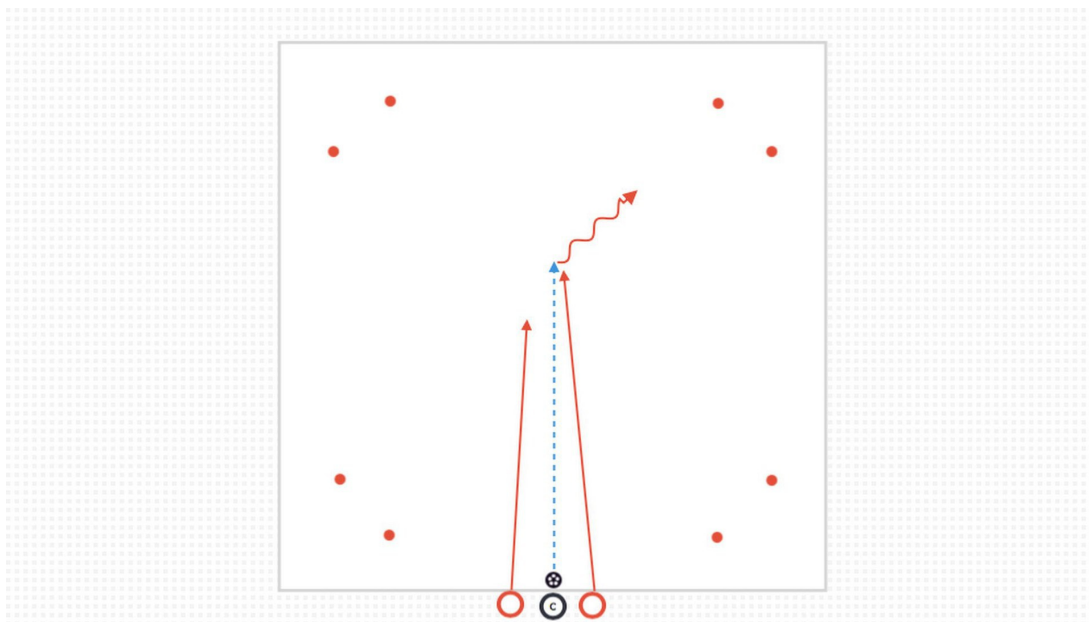
For younger teams, the rule can be that the ball can only be moved out of a box if there are two defenders in that box.

When defending team wins the ball they try to score in any of the 4 goals (**transition**). Possessing team must immediately counter press to win it back and carry on playing (**transition**).

### **Coaching Points**

- Fix the structure (**width & depth**) to stretch out the defense.
- Constant **dismarking** to maintain the offensive structure and provide passing options.
- Try to receive **across the body** on the **back foot**, why?
- Talk about **when to receive on the front foot** based on positioning of defender.
- Draw players into one space to try and move the ball to the **Free Man** in another space.
- **Recognize** the visual cues to switch;
  - Area where the ball is becomes congested as defense has been successfully shifted.
  - Less time and space on the ball.
  - Free Man becomes visible





**Technical Activity:** 1v1 to 4 Gates

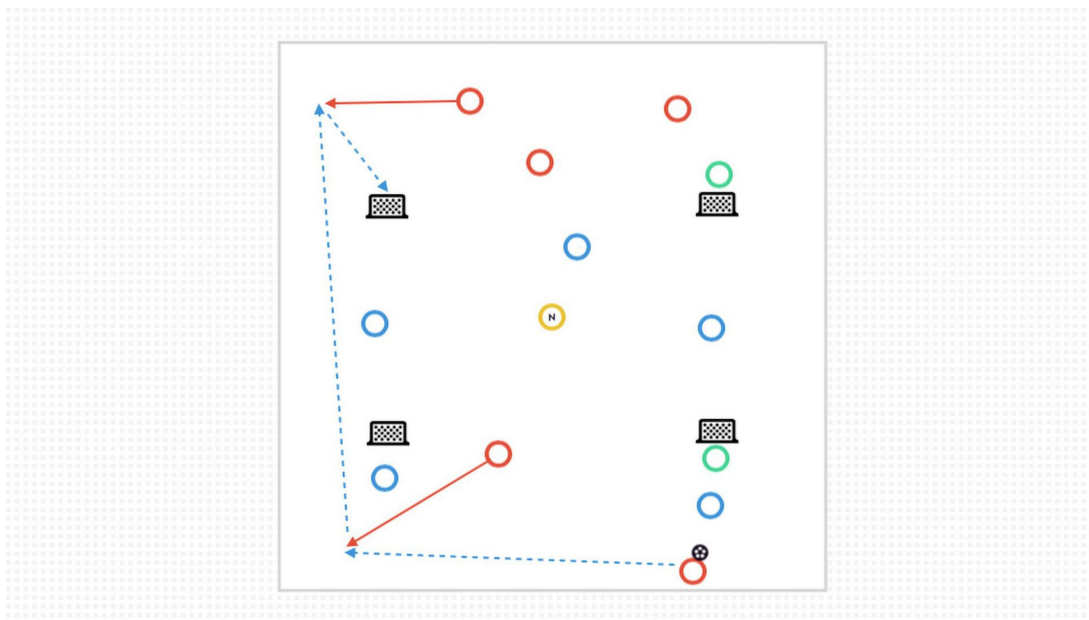
**Organization:** Grid to suit age and ability. 4 gates.

**Instruction:** Coach serves ball into the grid. As soon as the coach touches it, both players sprint to win the ball and then go 1v1 to any goal.

Goal is scored by dribbling the ball through the cones from the **back-side** to force the attacker to **generate more separation** between him and recovering defender, making it more difficult.

### Coaching Points

- **Exceptionally dynamic and fast paced game.** If it doesn't look like that, you're doing it wrong.
- **Recognize the open goals & defensive pressure** and make decisions accordingly.
- Use defender's **momentum** against them.
- Coach the **use of the arm** to shield the ball in tight situations.
- Coach the **transition**.
- Cuts, turns, changes of direction and changes of pace to beat defender (**break ankles**).



**JdP Activity:** Switching the Field 4 Goal Game.

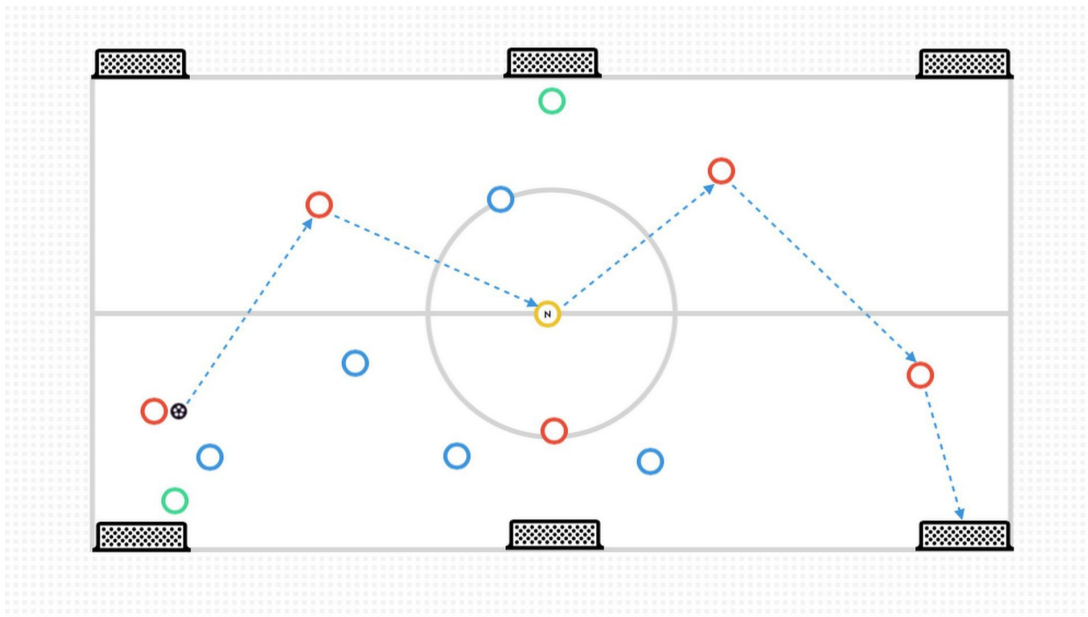
**Organization:** Grid to suit age, ability and numbers.  
5v5/6v6/7v7+1.

**Instruction:** Both teams try to score in any of the 4 goals. The GKs cover 2 goals each. The neutral plays with possession.

**Coaching Points:**

- Fix the structure (**width & depth**) to stretch out the defense.
- Constant **dismarking** to maintain the offensive structure and provide passing options.
- Try to receive **across the body** on the **back foot**, why?
- Talk about **when to receive on the front foot** based on positioning of defender.
- Draw players into one space to try and move the ball to the **Free Man** in another space.
- **Recognize** the visual **cues** to switch;
  - Area where the ball is becomes congested as defense has been successfully shifted.
  - Less time and space on the ball.
  - Goal becomes blocked.

- **Free Man** becomes visible.



**JdP Activity:** 6 Goal Game.

**Organization:** Wide field. 6 goal game. 5v5/6v6/7v7+1. 2 GKs

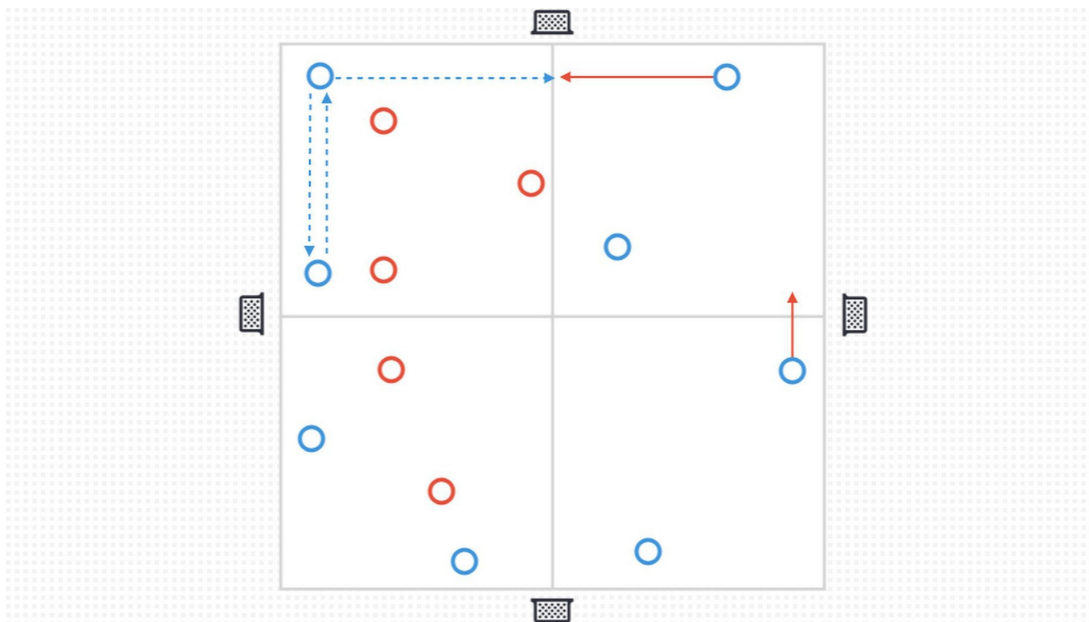
**Instruction:** The game is directional with one team playing one way and the opposition team playing the other. Neutral player plays with possession. Each GK covers 3 goals.

**Coaching Points:**

- Fix the structure (**width & depth**) to stretch out the defense.

- Constant **dismarking** to maintain the offensive structure and provide passing options.
- Try to receive **across the body** on the **back foot**, why?
- Talk about **when to receive on the front foot** based on positioning of defender.
- Draw players into one space to try and move the ball to the **Free Man** in another space.
- **Recognize** the visual cues to switch;
  - Area where the ball is becomes congested as defense has been successfully shifted.
  - Less time and space on the ball.
  - Goal becomes blocked.
  - **Free Man** becomes visible/available.

## **Session: Switching Play: 2**



**Organization:** Rondo broken in to 4 grids.

**Instruction:** Possessing team tries to draw defenders into their box before moving the ball to find a Free Man.

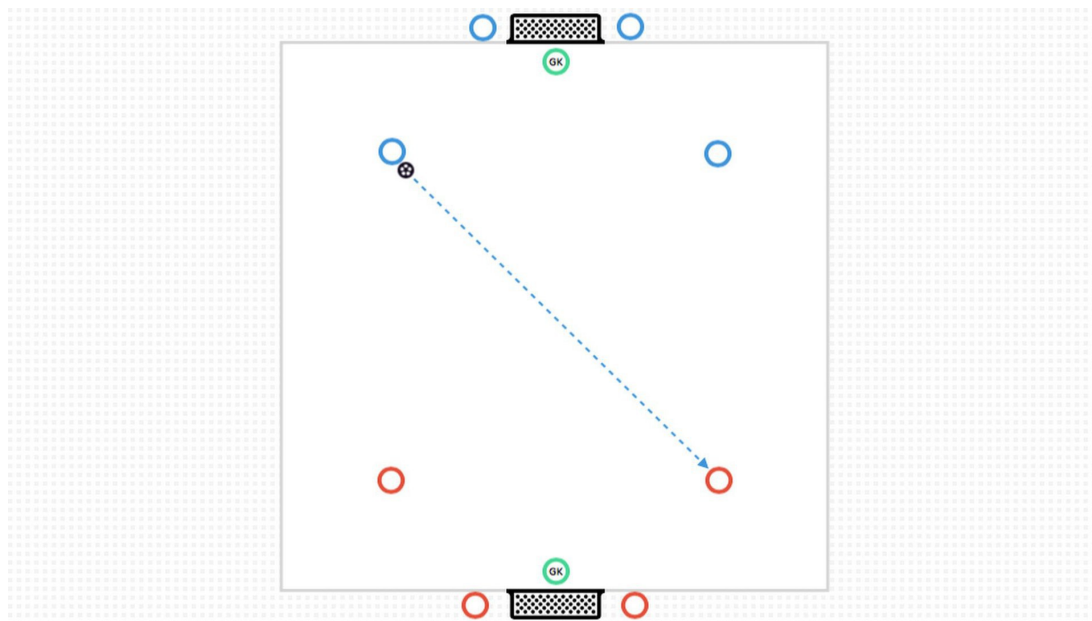
For younger teams, the rule can be that the ball can only be moved out of a box if there are two defenders in that box.

When defending team wins the ball they try to score in any of the 4 goals (**transition**). Possessing team must immediately counter press to win it back and carry on playing (**transition**).

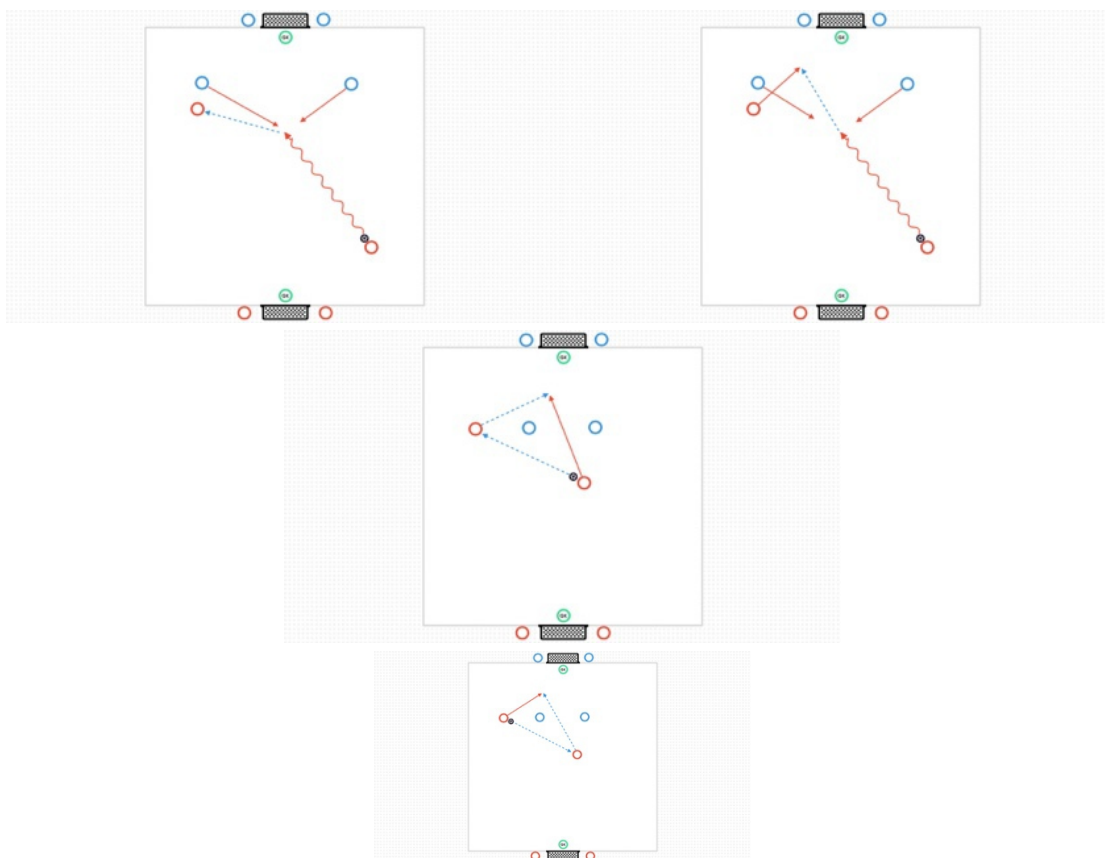
### Coaching Points

- Fix the structure (**width & depth**) to stretch out the defense.
- Constant **dismarking** to maintain the offensive structure and provide passing options.
- Try to receive **across the body** on the **back foot**, why?
- Talk about **when to receive on the front foot** based on positioning of defender.
- Draw players into one space to try and move the ball to the **Free Man** in another space.
- **Recognize** the visual cues to switch;

- Area where the ball is becomes congested as defense has been successfully shifted.
- Less time and space on the ball.
- Free Man becomes visible



**Possible Patterns**



**Technical Activity:** 2v2 to Goal with Flying Changes.

**Organization:** 2 Goals. GKs.

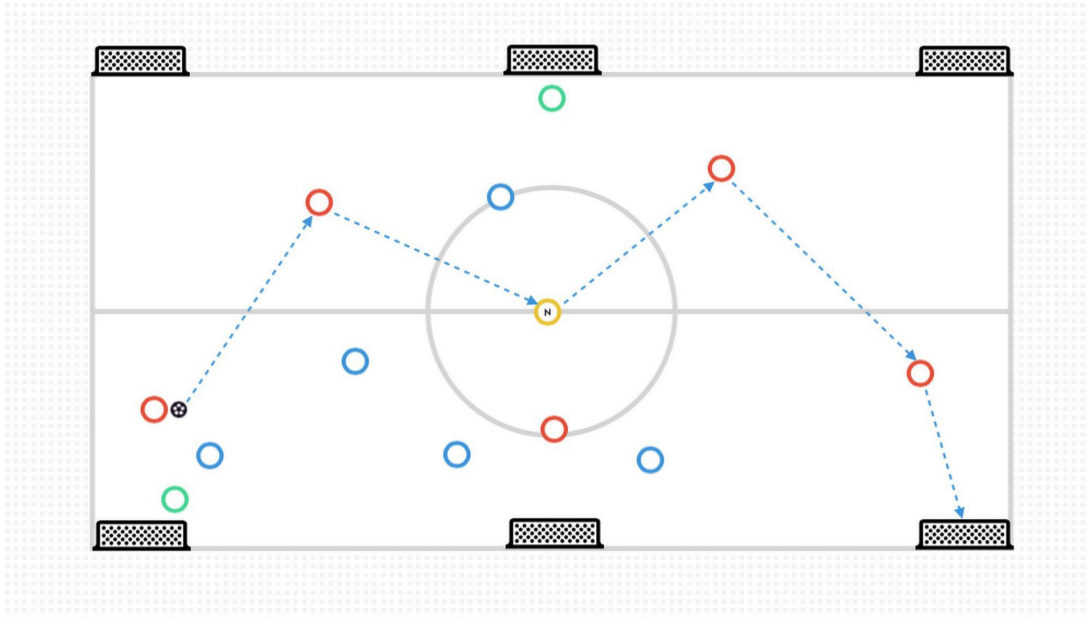
**Instruction:** 2v2 to goal with Flying Changes.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- A good first touch to win the space from the defenders.
- Combination Play to goal;
  - Overlaps
  - Wide Play
  - Give and Goes
  - Through Balls
- Decision Making;
  - When to dribble v when to pass v when to shoot.
- Speed and efficiency;
  - Once a positional advantage has been gained, execute and take advantage of it quickly to

prevent the defender from recovering.

- Shooting;
  - Quick, ruthless, efficient, low, hard and to the corners.



**JdP Activity:** 6 Goal Game.

**Organization:** Wide field. 6 goal game. 5v5/6v6/7v7+1. 2 GKs

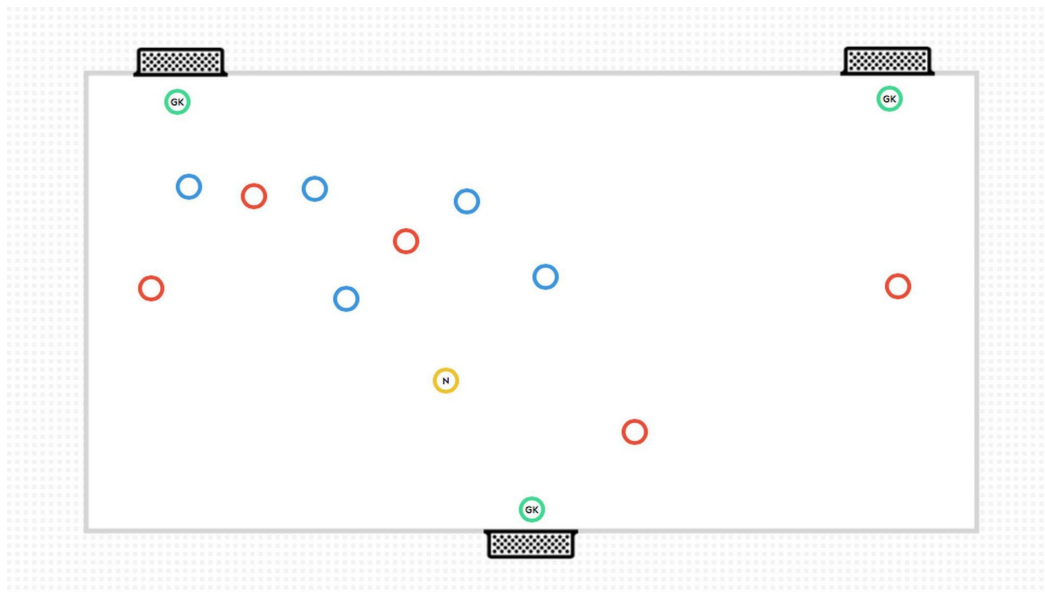
**Instruction:** The game is directional with one team playing one way and the opposition team playing the other. Neutral player plays with possession. Each GK covers 3 goals.

**Coaching Points:**

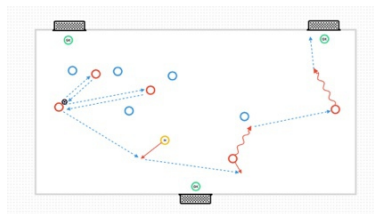
- Fix the structure (**width & depth**) to stretch out the defense.
- Constant **dismarking** to maintain the offensive structure and provide passing options.
- Try to receive **across the body** on the **back foot**, why?
- Talk about **when to receive on the front foot** based on positioning of defender.
- Draw players into one space to try and move the ball to the **Free Man** in another space.



- **Recognize** the visual cues to switch;
  - Area where the ball is becomes congested as defense has been successfully shifted.
  - Less time and space on the ball.
  - Goal becomes blocked.
  - **Free Man** becomes visible.



### Possible Patterns



## **Final Activity:** Switching Play JdP Activity

**Organization:** Wide field. 3 Goals. 3 GKs. 5v5/6v6+1.

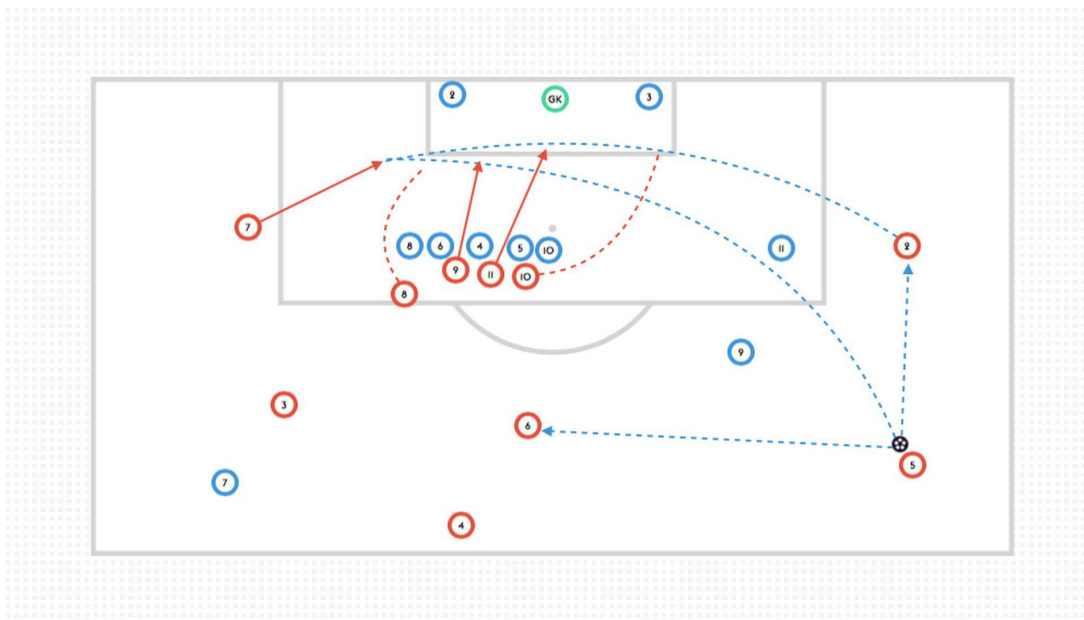
**Instruction:** The game is directional with one team playing one way and the opposition team playing the other. Neutral player plays with possession.

The focus team (the team attacking two goals) should consist of the midfielders, wingers and strikers to start forming relationships and recognising patterns.

### **Coaching Points:**

- Fix the structure (**width & depth**) to stretch out the defense.
- Constant **dismarking** to maintain the offensive structure and provide passing options.
- Try to receive **across the body** on the **back foot**, why?
- Talk about **when to receive on the front foot** based on positioning of defender.
- Draw players into one space to try and move the ball to the **Free Man** in another space.
- **Recognize** the visual cues to switch;
  - Area where the ball is becomes congested as defense has been successfully shifted.
  - Less time and space on the ball.
  - Goal becomes blocked.
  - **Free Man** becomes visible.

## **Session: Attacking Free Kicks**



## Attacking Freekick (from a flighted delivery, not a shot).

**Organization:** As above.

**Instruction:** Attacking team set up to serve freekicks and attempt to score from them.

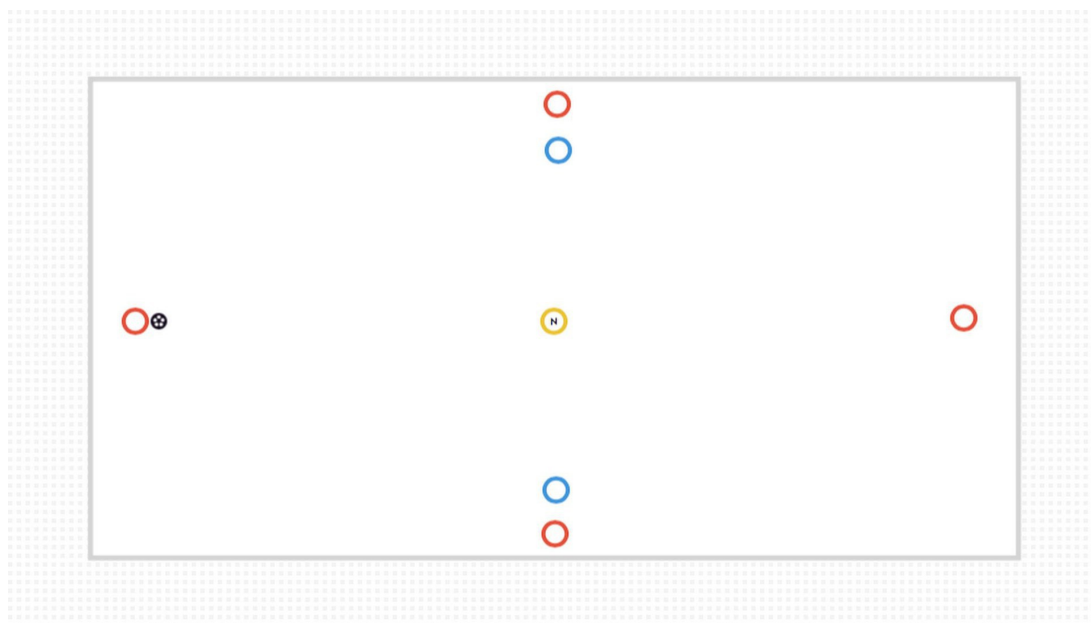
The defending team set up as above and try to prevent scoring opportunities and clear the ball.

## Coaching Points

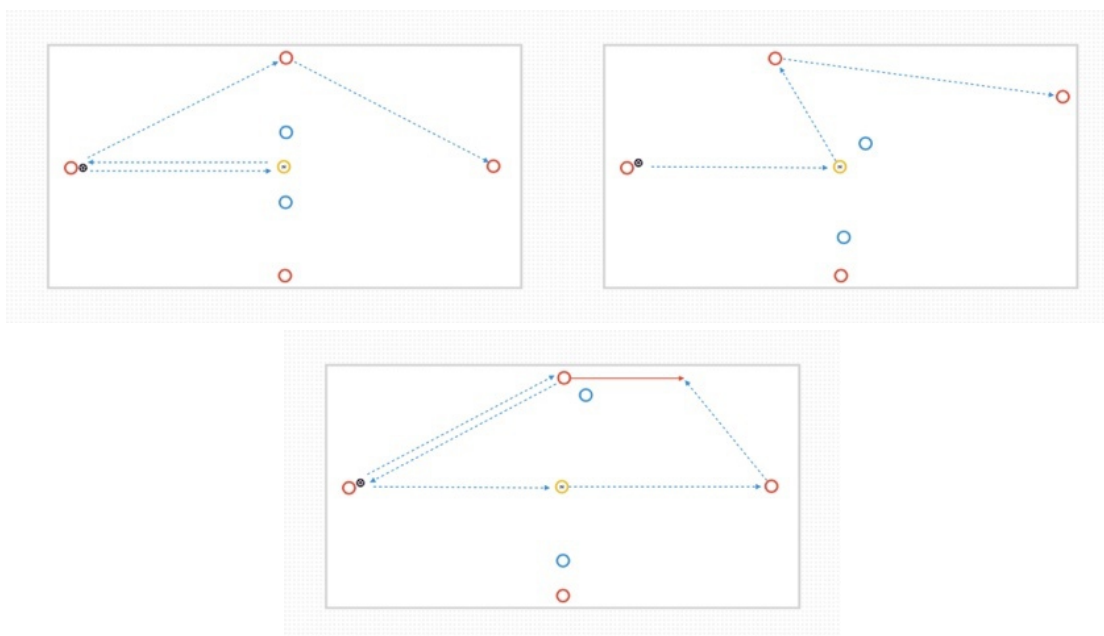
- Strong-side CB takes the Free Kick and then **works hard to get back into position.**
- #6 and weak-side CB balance off to provide **defensive balance.**
  - #6 also provides a **short passing option.**
  - #2 also provides a **short passing option** for a **deeper cross.**
- #7 (weak-side winger) **crashes an aggressive diagonal run into the box back post.**
- #8 & #10 **peel off and attack the front and back post.**
- #9 & #11 **aggressively force their way through the wall.**

- **#3 balances out to stop counter attacks;**
  - Can also be thrown into the box when a goal is needed.

## Session: Switching Play 3



**Possible Patterns**



**Warm Up:** Rondo 4v2+1

**Organization:** 4v2+1

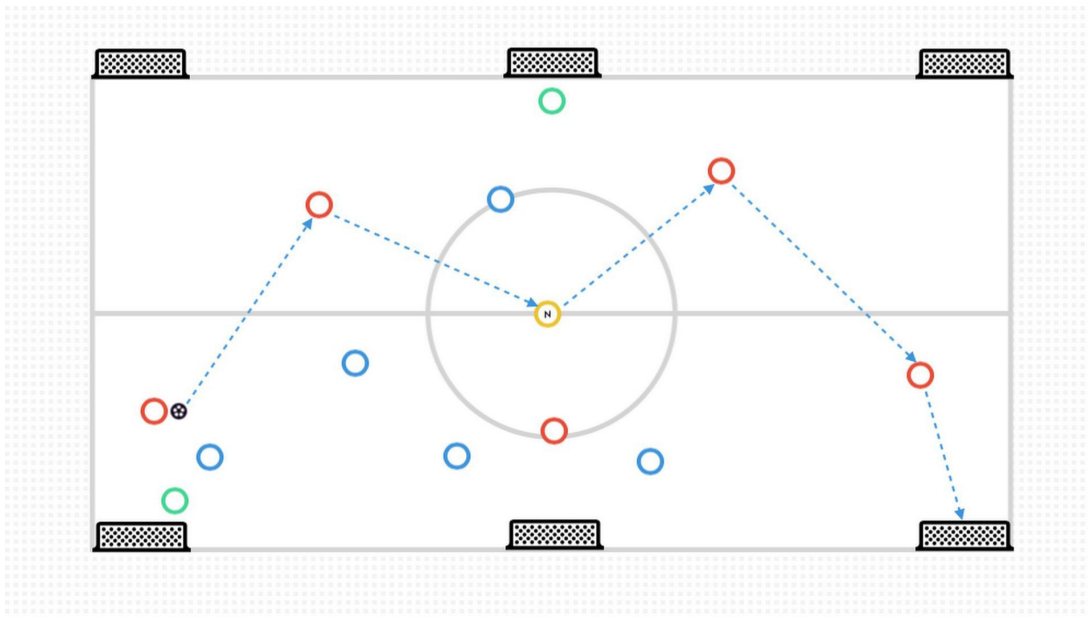
**Instruction:** The possessing team scores points by passing into the Targets (North & South).

### Coaching Points

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
- **Move the defensive block around** to open up passing lanes.
- The ball carrier must always have **supporting options**, left, right and ahead;
  - **Adjustment of depth** from the wide players to create passing angles based upon defenders' position is **vital**.
  - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> line passes.
- **Attract defenders** to the ball to create space elsewhere.
  - Off-the-ball players present themselves as options to '**fix**' the weak-side defenders to **prevent them**

- from committing** (this is the structural key to pulling the defense apart).
  - The 'Plus 1' player should try to position himself to **receive the ball in behind** the two defenders.
- Try to receive across the body on the back foot if possible, play a combination pass.
  - also coach the when, where and why of front foot receiving.
- Third Man Movements.

**Progression:** 2 touch



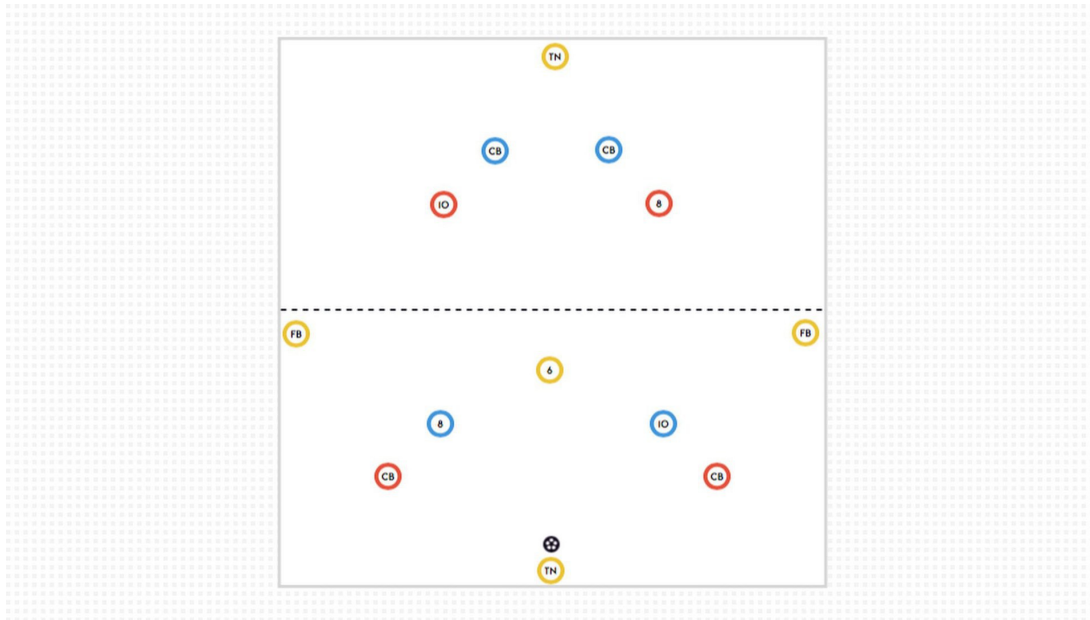
**JdP Activity:** 6 Goal Game.

**Organization:** Wide field. 6 goal game. 5v5/6v6/7v7+1. 2 GKs

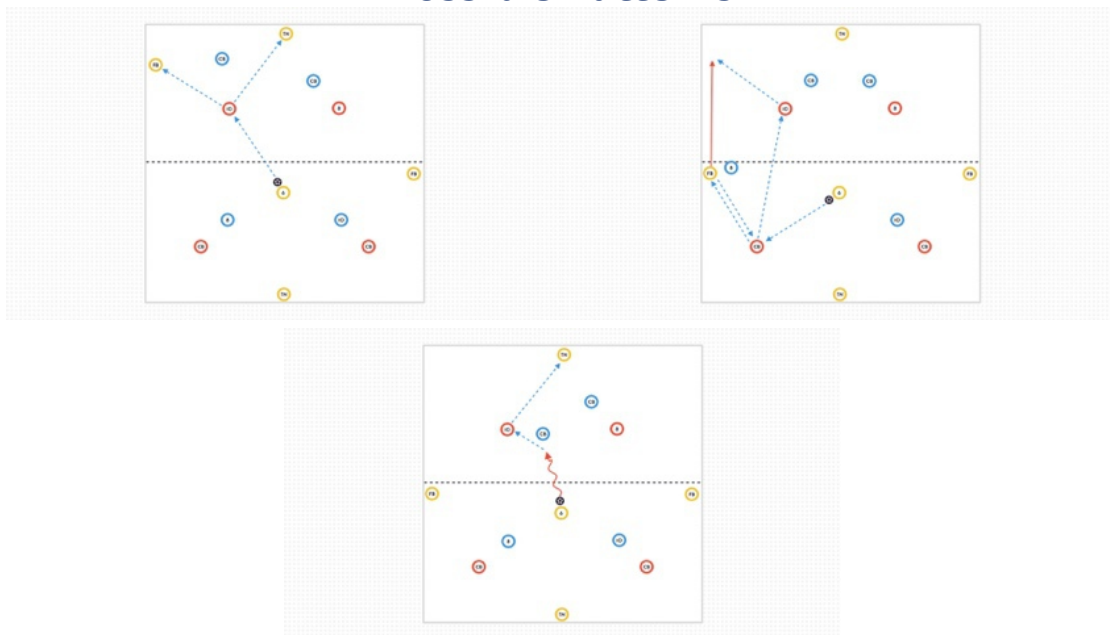
**Instruction:** The game is directional with one team playing one way and the opposition team playing the other. Neutral player plays with possession. Each GK covers 3 goals.

**Coaching Points:**

- Fix the structure (**width & depth**) to stretch out the defense.
- Constant **dismarking** to maintain the offensive structure and provide passing options.
- Try to receive **across the body** on the **back foot**, why?
- Talk about **when to receive on the front foot** based on positioning of defender.
- Draw players into one space to try and move the ball to the **Free Man** in another space.
- **Recognize** the visual cues to switch;
  - Area where the ball is becomes congested as defense has been successfully shifted.
  - Less time and space on the ball.
  - Goal becomes blocked.
  - **Free Man** becomes visible.



## Possible Patterns



**JdP Activity:** 4v4+5

**Organization:** 4v4+5.

**Instruction:** Red v Blue.

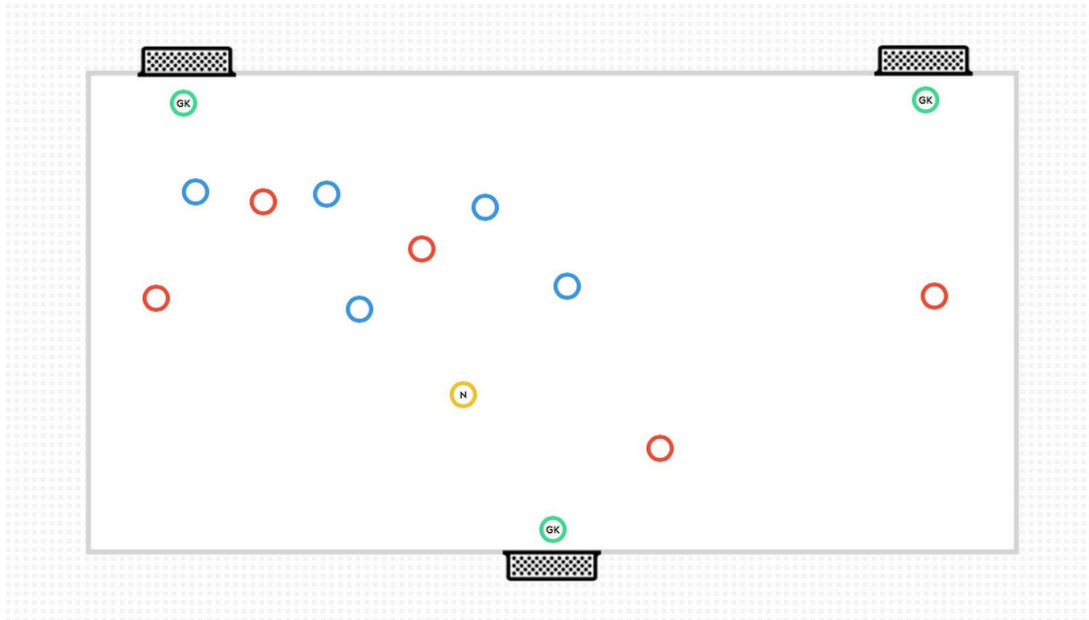
The attacking #8 and #10 **can only** receive the ball in the **attacking half**. They must not enter the defensive half. Same for both teams. The objective is to penetrate by passing the ball into the



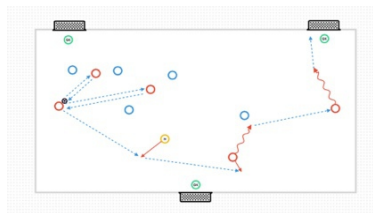
attacking #8 & #10 and then for that team to score by passing into the Targets.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
  - In particular the FBs help create space in the Half Spaces by fixing the defense.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to a #8/#10,
  - Create Numerical & Positional Superiority by attracting players to the ball, out wide, to **create space to be able to penetrate centrally**.
- **Coach the movement** of the #8/#10 to occupy the Half Spaces.;
  - **Dismark** and be able to receive the ball relatively pressure free
  - **Receive with purpose** and the correct body orientation (on the half turn).
- Coach the movement of the **FBs**
  - As the ball is played into the #8/#10 that is a **cue** for the them to get **ahead** of the ball to support.
  - **Passes should trigger runs** – The pass to the #6/#8/#10 should trigger the runs of the FBs & this should be a **common and often seen behavior** both in the practice sessions and the game.
- Coach **Third Man Movements**.
- Learn to receive on front foot when needed.
  - Receive with purpose.



### Possible Patterns



### Final Activity – Switching Play JdP Activity

**Organization:** Wide field. 3 Goals. 3 GKs. 5v5/6v6+1.

**Instruction:** The game is directional with one team playing one way and the opposition team playing the other. Neutral player plays with possession.

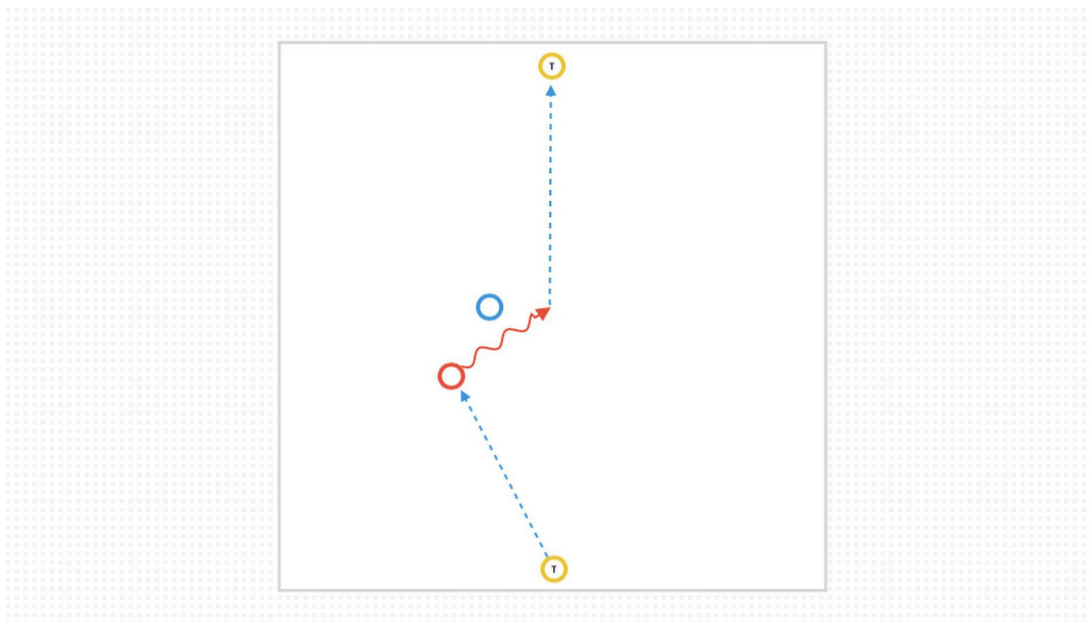
The focus team (the team attacking two goals) should consist of the midfielders, wingers and strikers to start forming relationships and recognising patterns.

### Coaching Points:

- Fix the structure (**width & depth**) to stretch out the defense.
- Constant **dismarking** to maintain the offensive structure and provide passing options.

- Try to receive **across the body** on the **back foot**, why?
- Talk about **when to receive on the front foot** based on positioning of defender.
- Draw players into one space to try and move the ball to the **Free Man** in another space.
- **Recognize** the visual cues to switch;
  - Area where the ball is becomes congested as defense has been successfully shifted.
  - Less time and space on the ball.
  - Goal becomes blocked.
  - **Free Man** becomes visible.

## Session Plan: Dismarking Part 1



**Technical Activity:** 1v1+2.

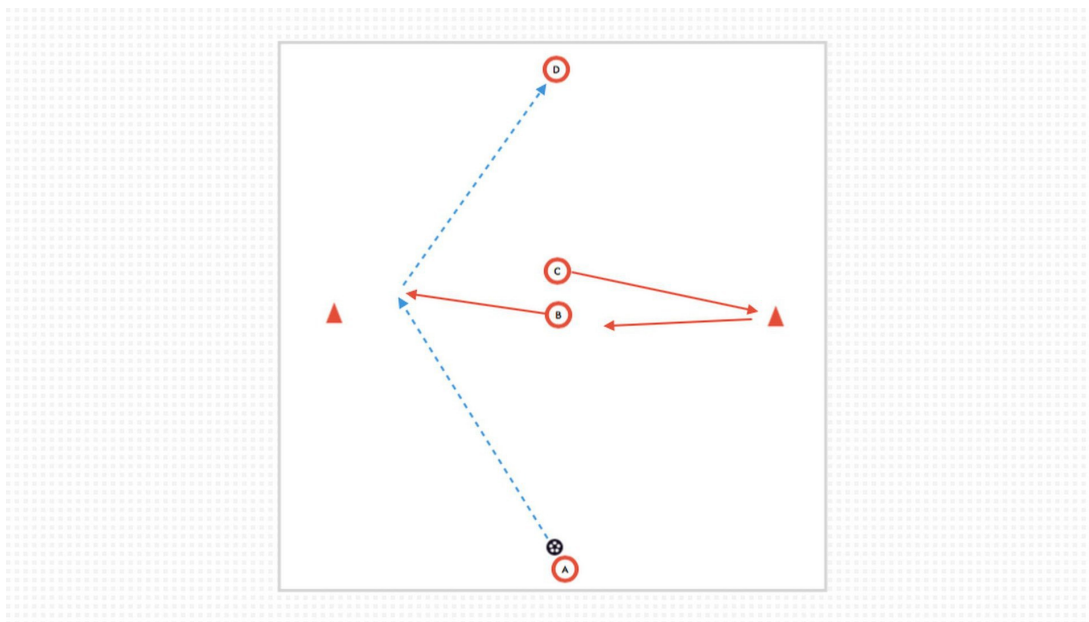
**Organization:** 1v1+2 in a grid suitable for the age and ability of the players. 6/7/8 players per grid.

**Instruction:** The two players in the middle play 1v1 against each other with the two target players at the end. They score points every time they play in to a different Target Player. The Target players play with possession. After 45 -60 seconds coach rotates all players 1 position (older groups can do this themselves).

**Video:** Minute 1:45. <https://www.youtube.com/watch?v=5MDR775Y2OY&index=2&list=PLmAGrtZA4juBYAR3WY0E-mG03fR0FPBqd&t=107s>

### **Coaching Points:**

- Look to achieve **Positional Superiority** as the receiver through **constant dismarking**.
- Try to **receive with purpose on the back foot** if possible to be able to penetrate forward.
  - Talk about the **when & why** of back foot vs front foot receiving.
- **Double movements** to unbalance the defender and receive the ball in **behind the defender**.
- If player can't receive cleanly and has to deal with pressure, then;
  - Turning and receiving under pressure.
  - Using 1v1 skills and turns (ankle breaking) to generate a half yard of space to open up a passing lane.



**Technical Activity:** Dismarking to Receive with Purpose. (3v1).

**Organization:** 4 players in a grid (3 attackers and 1 defender). Grid must be sized to make the game achievable but challenging.

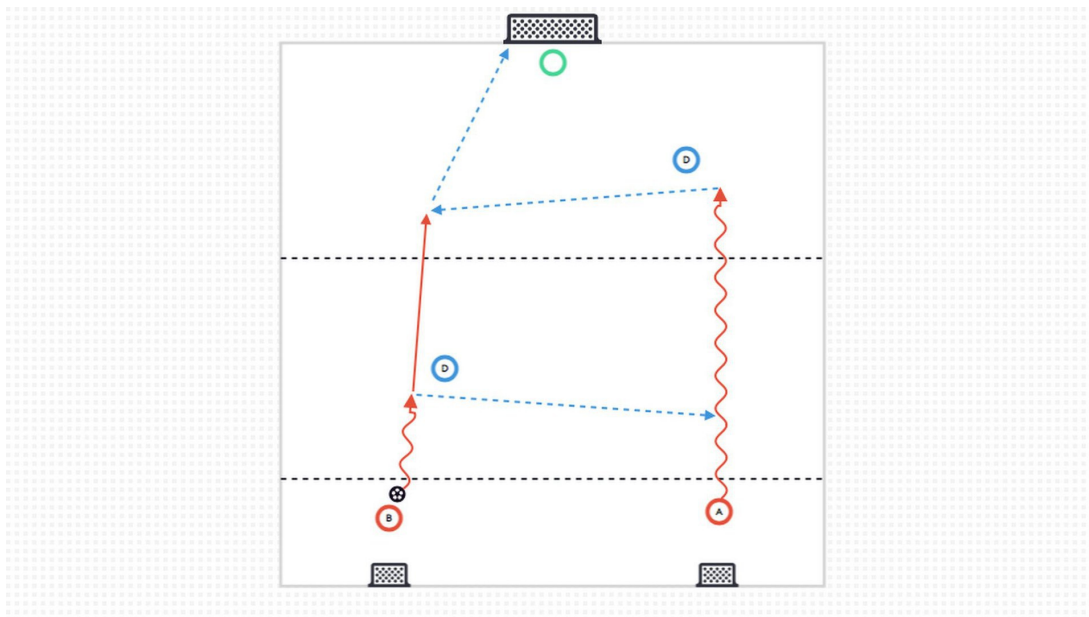
**Instruction:** All 4 players start in the middle (as pictured). Player C (the defender) starts the game by sprinting to either cone. As soon as this happens, Player B dismarks to the side to receive the pass from Player A. He then tries to pass into Player D before the defender recovers and tackles him.

Once the game is dead, all players (A, B, C & D) shift down one position and the game repeats. Fast-paced game.

### Coaching Points:

- Receiver must **constantly scan** his environment/check his shoulder to see where the defender is.
- React to defender's movement & **dismark** on a diagonal to receive in **behind the defender**.
- **Receive with purpose** (orientate body to receive on back foot,  $\frac{3}{4}$  turn, to be able to **play forward**).
- Player B must also scan to see where his target is so he can play quickly when he receives the ball.

- Player D must adjust his position as the play is developing in front of him.
- Firmness, speed and accuracy of the pass from Player A to Player B to help beat the defender.



**Technical Activity:** 2v2 to Goal (2v1 & 2v1)

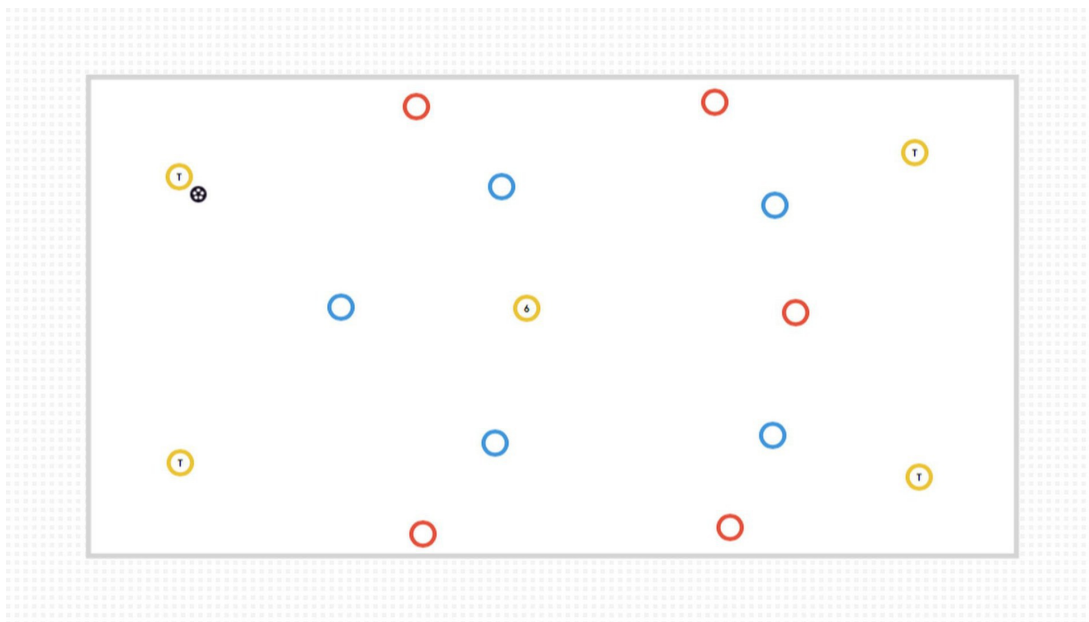
**Organization:** 2v1 to goal (2v1 & 2v1) plus a GK. 2 counter goals and 1 big goal.

**Instruction:** The GK serves the ball to Player A or B in the First Zone and they then play 2v1 in the Middle Zone against the 1<sup>st</sup> defender. Once they beat the defender they play 2v1 to goal in the Final Zone.

Once they score or the ball goes dead, the players leave the field and swap lines. Each defender is limited to his original Zone except that the first defender can chase and recover once he is beaten.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the offensive structure (**width & depth**) to gain a **Positional Superiority** over the defender (**2v1**).
- The receiver must have a good first touch to **win the space** in front of him from the defender.
- The ball carrier looks to **engage the defender** and then make the right decision;
  - If the defender engages then he can release his team mate as the **Free Man**.
  - If the defender doesn't engage then he can beat him 1v1 and **penetrate** to the next zone.
- **Off-the-ball Movement** of 2<sup>nd</sup> attacker to always maintain the **Positional Superiority**.
- **Body shape** to receive across the body on the back foot if possible to be in a better position to penetrate forward once he receives the ball.



## Final Activity: JdP Game, 5v5+5

**Organization:** 5v5+5 JdP Game.

**Instruction:** Red plays against Blue. Yellow Neutrals play with possession. The possessing team scores points by passing into the Targets (North & South).

## Coaching Points

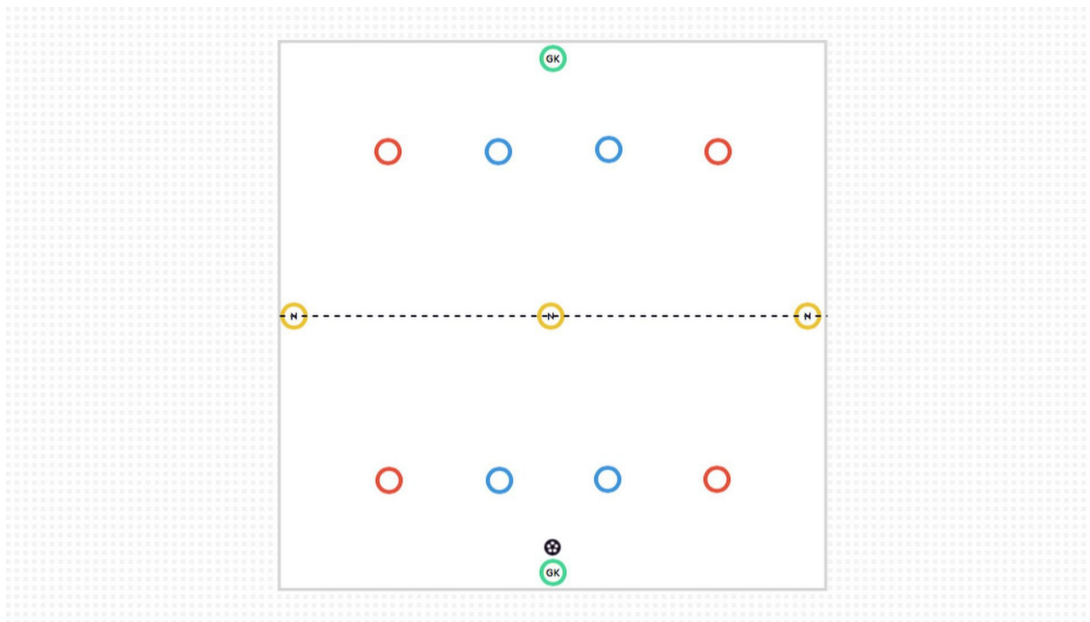
- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
  - Give the ball to under-pressure players to stretch out the defense.
- Create Numerical & Positional Superiority by,
  - Searching for **2v1s** out wide.
  - **Attracting** players to the ball to create **space elsewhere**.
  - Receive the ball in **behind lines** of defensive pressure.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to a Target player.
- **Dictate the tempo** of the game by,



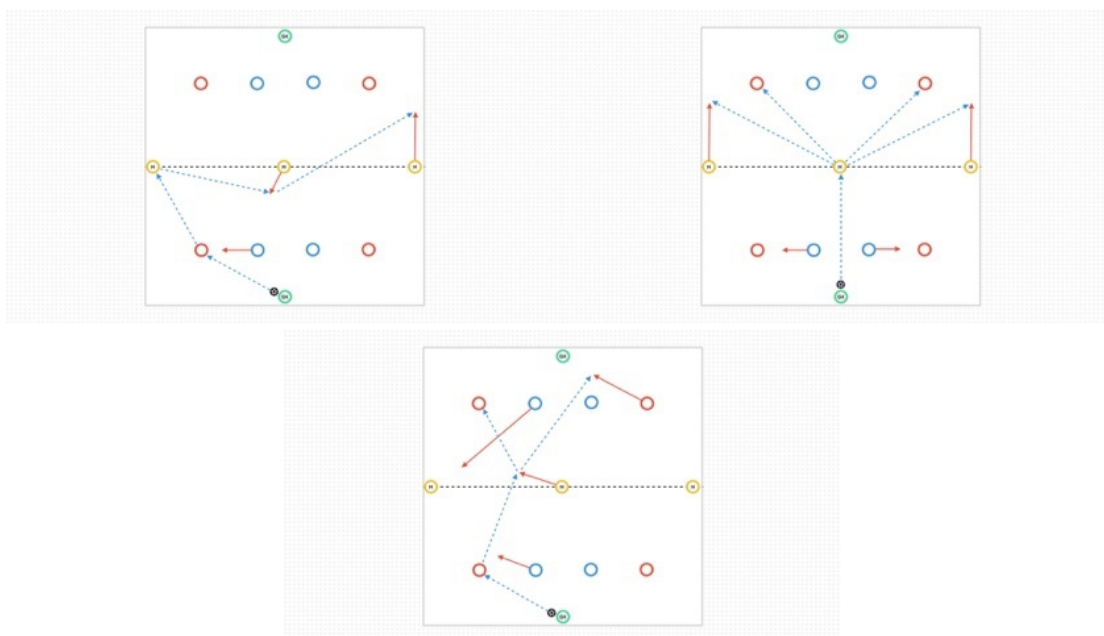
- Making the opposition chase the ball.
- **Using short & long passes** to avoid pressing traps and avoid becoming predictable.

**Progression:** 2 touch

## Session Plan: Circulating, Probing and Penetrating Part 1.



**Possible Patterns**



**Final Activity:** JdP Activity: 4v4+5

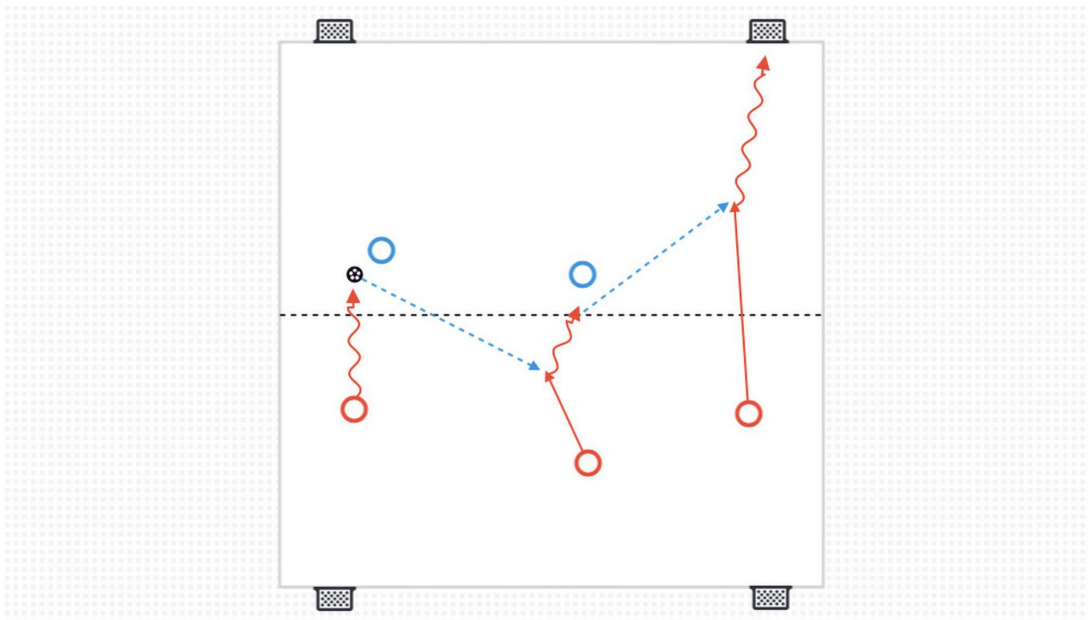
**Organization:** 4v4+5.

**Instruction:** Red v Blue. The two attacking players **can only** receive the ball in the **attacking half**. They must not enter the defensive half. Same for both teams. **The objective is to penetrate by passing the ball into the attacking players** and then for that team to score by passing into the Targets.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
  - In particular the FBs help create space in the Half Spaces by fixing the defense.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to a #8/#10,
  - Create Numerical & Positional Superiority by attracting players to the ball, out wide, to **create space to be able to penetrate centrally**.
- **Coach the movement** of the two attacking players to occupy the Half Spaces.;

- **Dismark** and be able to receive the ball relatively pressure free
  - **Receive with purpose** and the correct body orientation (on the half turn).
- Coach the movement of the **FBs**
  - As the ball is played into the two attacking players that is a **cue** for the them to get **ahead** of the ball to support.
  - **Passes should trigger runs** – The pass to the attacking players should trigger the runs of the FBs & this should be a **common and often seen behavior** both in the practice sessions and the game.
- Coach **Third Man Movements**.
- The diagonal runs in behind (going dark) of pressing defenders is key to penetrating and breaking lines of pressure.



**Technical Activity:** 3v2 Flying Changes to Find the Free Man

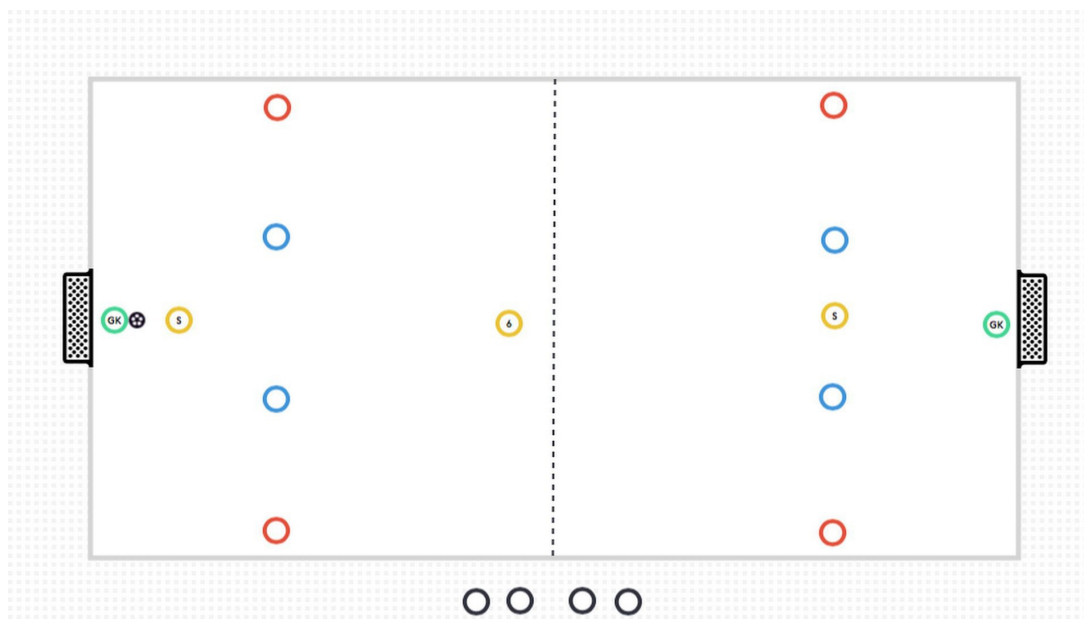
**Organization:** Grid divided into two halves. 4 counter goals.

**Instruction:** The team of two defenders serves the ball to the team of three attackers who now play 3v2 to either of the two goals. If

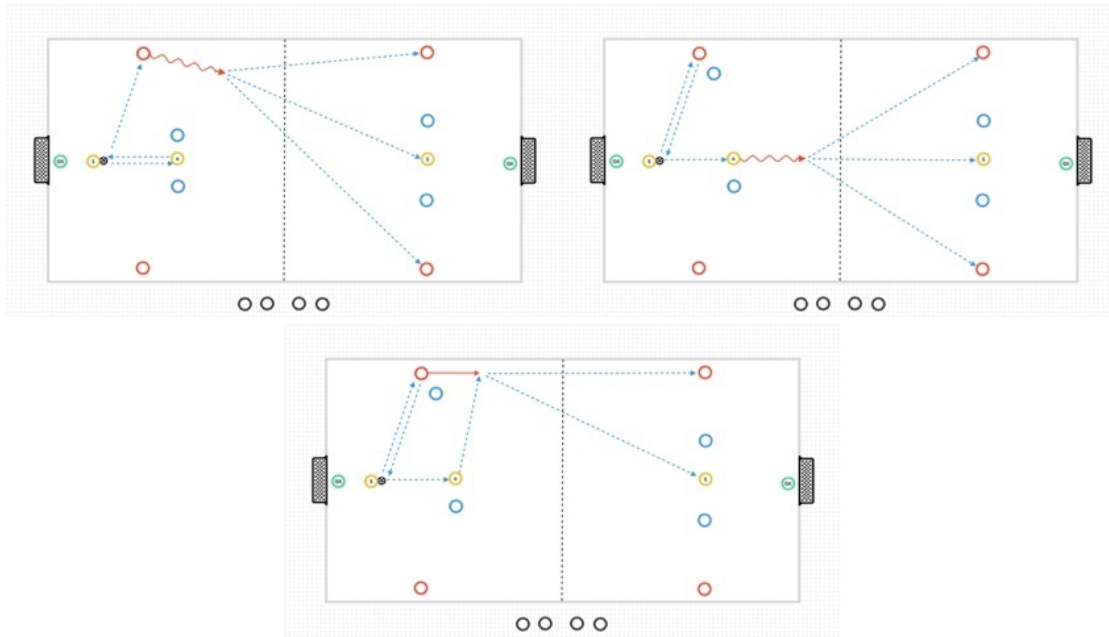
the defenders win the ball they can try to counter to the opposite two goals. Once the game is dead, it repeats from the other side with two different teams (always 3v2).

## Coaching Points

- First touch must set the players up for the subsequent attacking actions (**win the space from the defender**).
- Players must fix the offensive structure (**width & depth**) to avoid having a straight line in possession.
- **Shift the defense** around by **probing and circulating** the ball, drawing them in and trying to release the **Free Man**.
- If the player can't get through a gate before losing the ball, then **regain structure**, drop the ball backwards, **circulate** and look for another opening.



**Possible Patterns**



### **Warm Up Activity:** Over the River.

**Organization:** A grid with two zones divided by a half-way line. 4v4+3+GKs (if big numbers, one team waiting).

**Instruction:** Both teams divided equally across the two halves and must remain there. Neutral #6 (Yellow) can go wherever he wants. The attacking team can only score by passing to their striker and having him score (S Yellow).

When the defending team wins the ball, they **transition**.

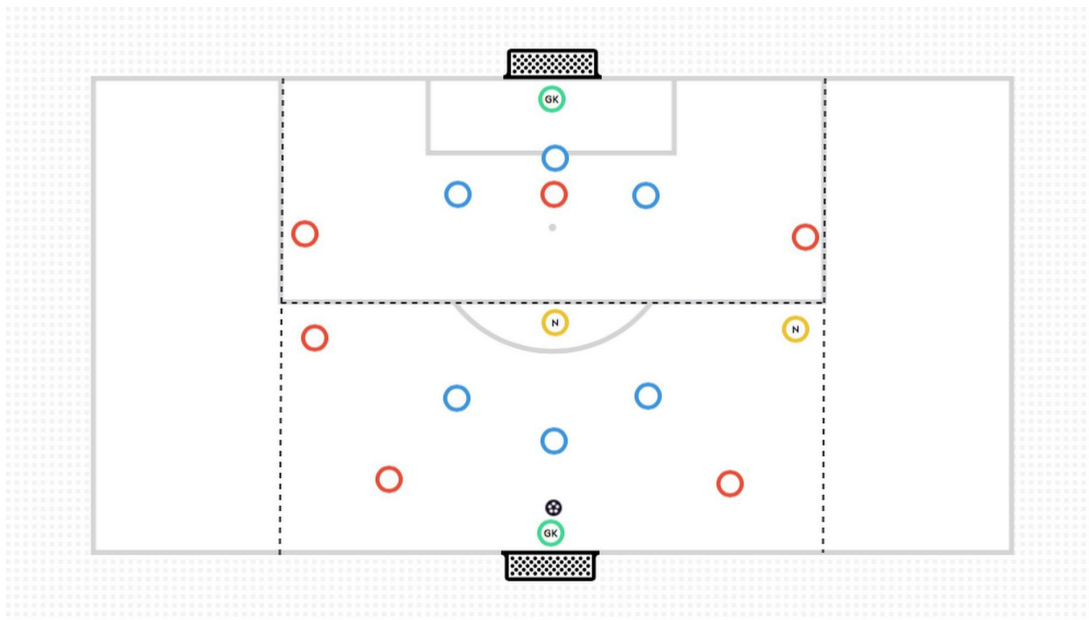
Teams are rotated out every 3 minutes or so.

**Penetration**, not circulation, is the main objective of this activity.

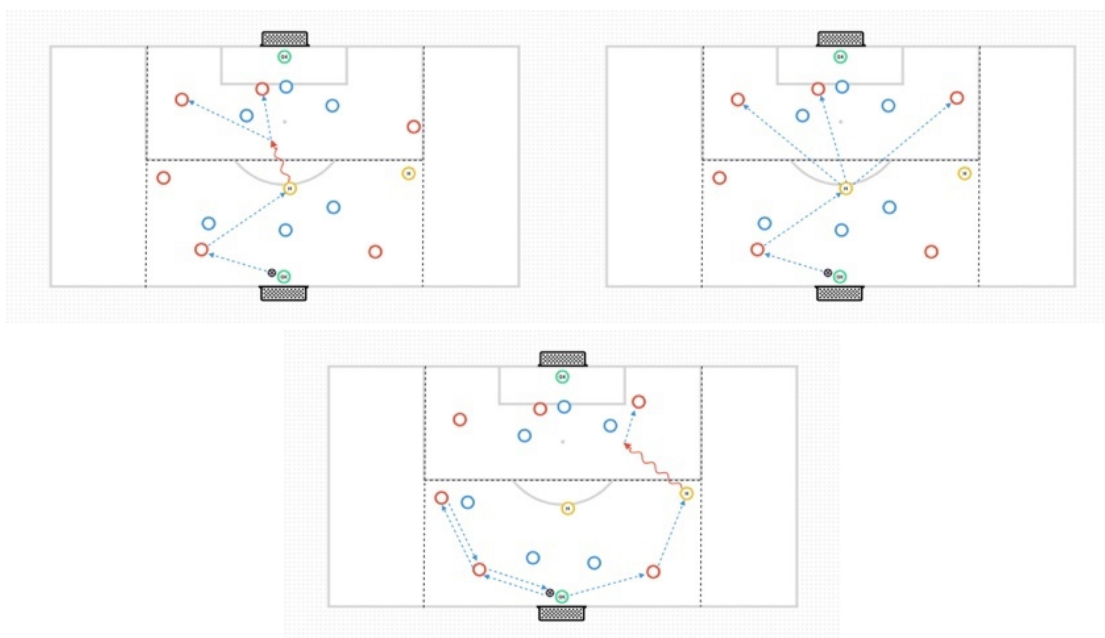
### **Coaching Points:**

- Fix the structure (**width & depth**) to be able to **possess** the ball, **move the defenders** around and have **time** and **space** to **penetrate** into the next Zone.
- First look should always be **forward**, if nothing is on, then look sideways or backwards to reload play.

- **Penetration**, not circulation, is the main objective of this activity.
- Receiving players must be constantly **dismarking** to **receive with purpose** and allow **penetration**.
- Force players to get comfortable with the **longer passing distances**.
- **Vary passing distances** and **tempo** to avoid pressing traps.
- **Transition**



**Possible Patterns**



### **Final Activity:** JdP 3v3+2 to 3v3+2

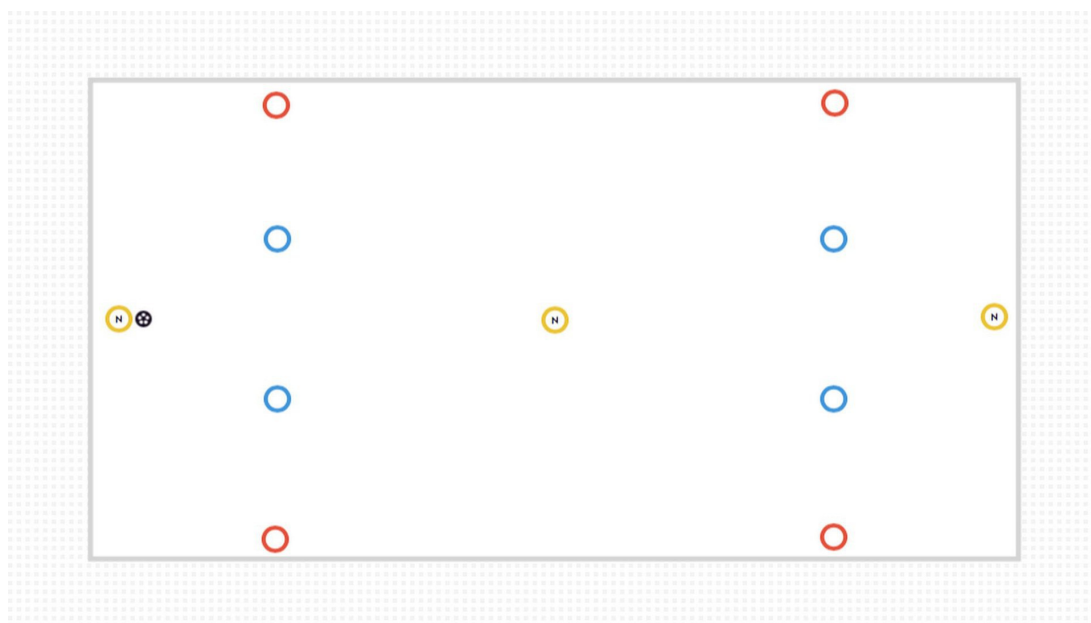
**Organization:** 2 big goals. Zone is width of the 18-yard box and double the length with a half way line.

**Instruction:** Team in First Zone play 4v3 and try to penetrate into the next Second Zone. Once this happens the two neutrals can enter the Second Zone to make is 5v3 in their also. The players in the Second Zone now try to score. If the defence wins the ball, then the game rests with the neutrals now playing for that team.

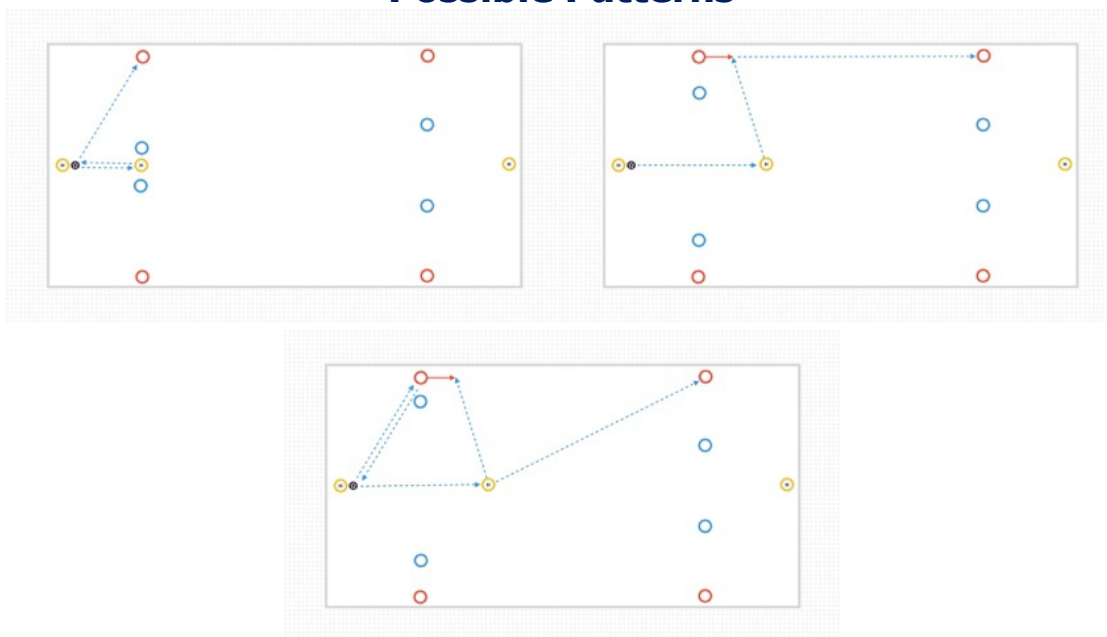
### **Coaching Points**

- Circulate the ball (vertically & horizontally) to attract players to the ball, to create space to penetrate elsewhere and find the Free Man.
  - The Free Man should now be able to move the ball over half way.
- Looking to create Positional superiority to move the ball through the Zones.
- Receiving players must try to dismark/go dark.

# Session Plan: Circulating, Probing & Penetrating Part 2.



## Possible Patterns



**Warm Up:** 4v4+3 Rondo

**Organization:** 4v4+3. If coach has big numbers, then add neutrals.

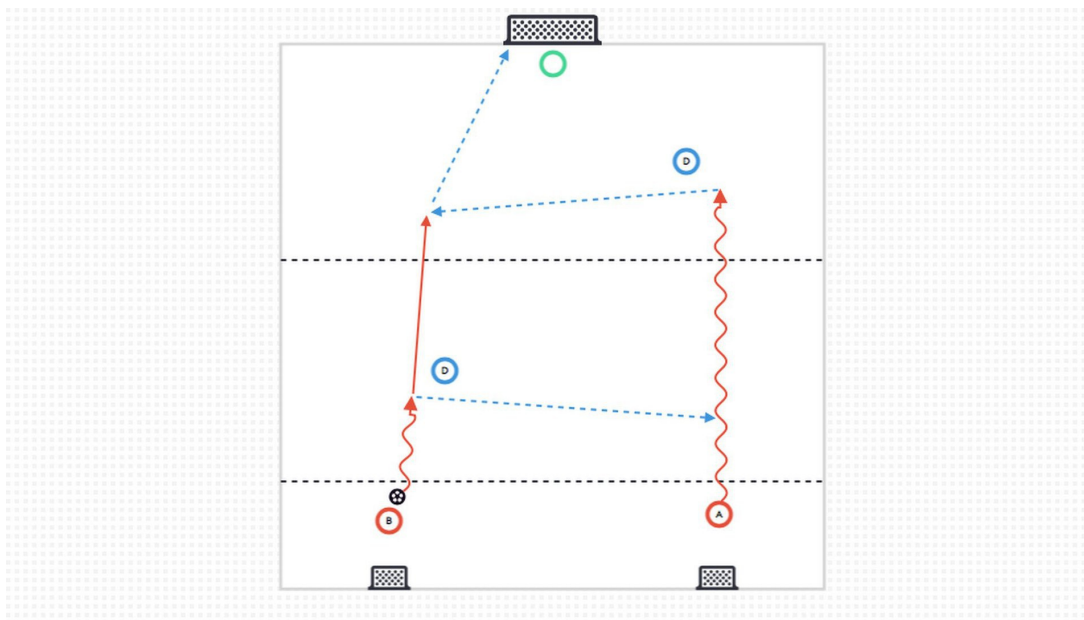


**Instruction:** The neutrals (yellows) play with possession. Possessing team can only move up and down their line (apart from the #6). Defending team can go anywhere. Both teams manage the transitional moments in the game (**the game never stops**), so when the defending team win the ball they must maintain possession whilst they adopt their attacking shape (on the lines as pictured) and the defending team must come in (off their lines) and try to win the ball (and vice versa).

**Video** <https://www.youtube.com/watch?v=vjHC36vAdDo>

### **Coaching Points:**

- Fix the structure. Walk the players through some of the above variations the first few times.
- Coach the **when and why of back vs front foot** receiving.
- Coach the positional supporting roles, responsibilities and relationships of players to each other;
  - **attracting defenders to the ball to create space elsewhere** (false touches if needed).
  - **#6 constantly supporting play** & tries to receive in **behind the lines of pressure**.
  - depth of wide players (FBs/Wingers) **moving up & down the line** to support the ball depending upon where the **defender, ball and teammates all are**.
  - When #6 receives the ball, that's the cues for FBs/Wingers to get ahead of the ball.
- **First look should be forward to penetrate**, if it is not on, then maintain possession to **circulate and probe** for another opening.
- Coach Third Man Movements (**#6 setting the ball back** to the supporting wide players).
- Coach technical aspects like speed of play, back v front foot receiving & weight of pass etc.



**Technical Activity:** 2v2 to Goal (2v1 & 2v1)

**Organization:** 2v1 to goal (2v1 & 2v1) plus a GK. 2 counter goals and 1 big goal.

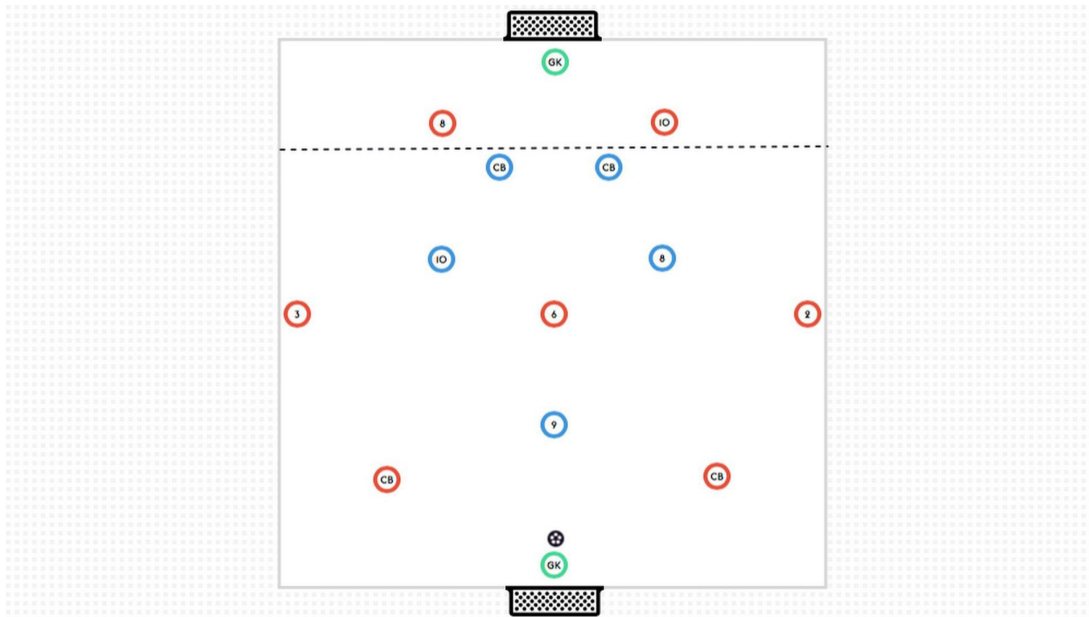
**Instruction:** The GK serves the ball to Player A or B in the First Zone and they then play 2v1 in the Middle Zone against the 1<sup>st</sup> defender. Once they beat the defender they play 2v1 to goal in the Final Zone.

Once they score or the ball goes dead, the players leave the field and swap lines. Each defender is limited to his original Zone except that the first defender can chase and recover once he is beaten.

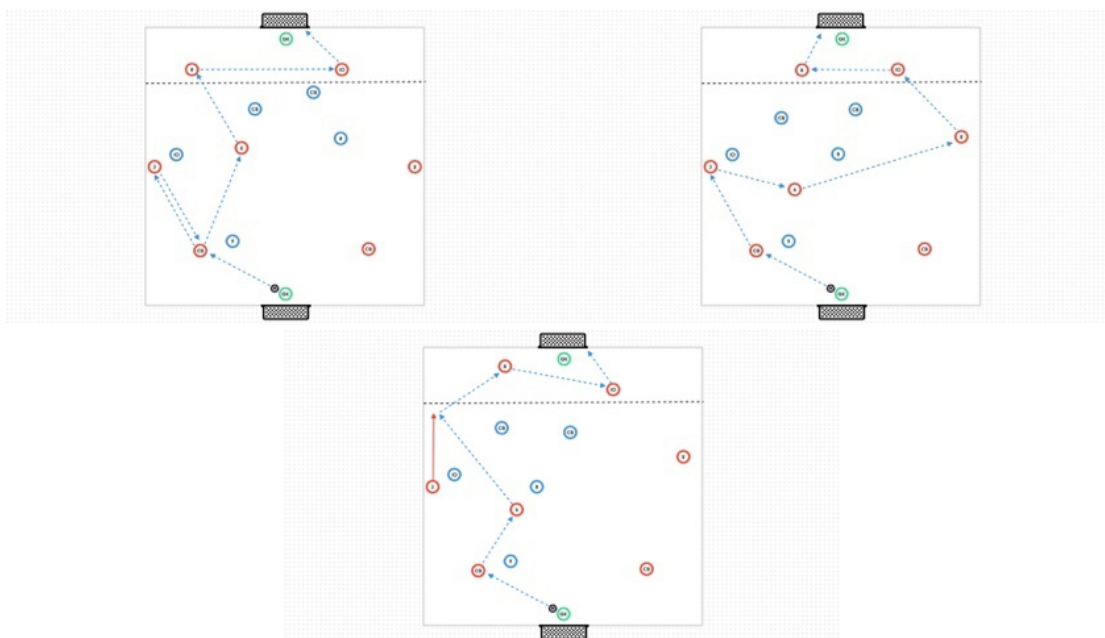
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the offensive structure (**width & depth**) to gain a **Positional Superiority** over the defender (**2v1**).
- The receiver must have a good first touch to **win the space** in front of him from the defender.
- The ball carrier looks to **engage the defender** and then make the right decision;
  - If the defender engages then he can release his team mate as the **Free Man**.

- If the defender doesn't engage then he can beat him 1v1 and **penetrate** to the next zone.
- **Off-the-ball Movement** of 2<sup>nd</sup> attacker to always maintain the **Positional Superiority**.
- **Body shape** to receive across the body on the back foot if possible to be in a better position to penetrate forward once he receives the ball.



**Possible Patterns**



### **JdP Activity:** Penetrating to Targets

**Organization:** Grid to suit size, age and ability. End Zone with Targets. GK. Goal. Rotate teams.

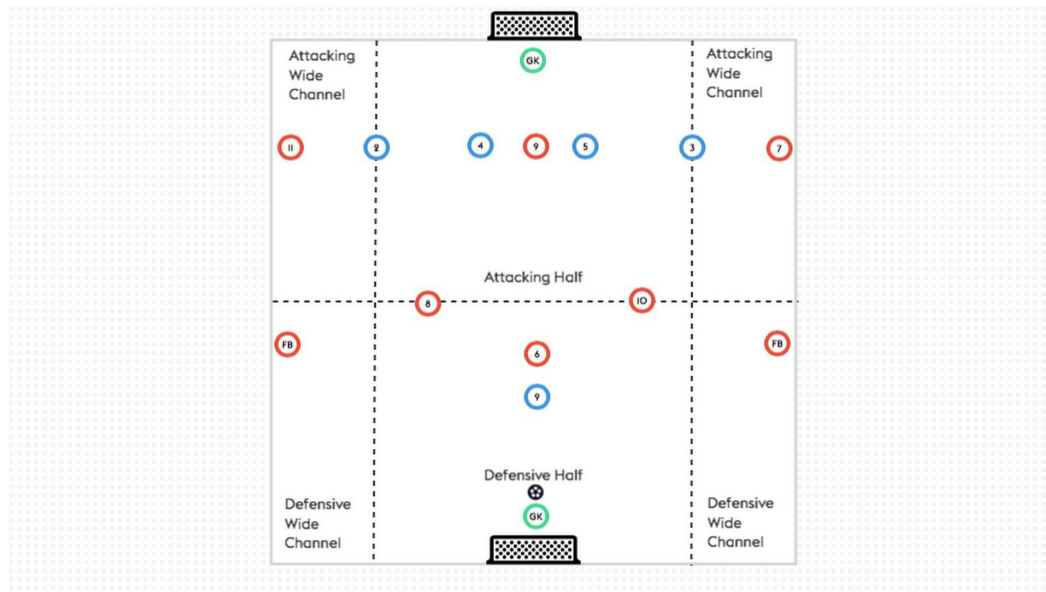
**Instruction:** Focus team scores points by moving the ball into the Target Players in the End Zone. The receiving player gets a chance for a bonus point if they can lay the ball off '1 touch' to their other team mate in the End Zone to finish.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

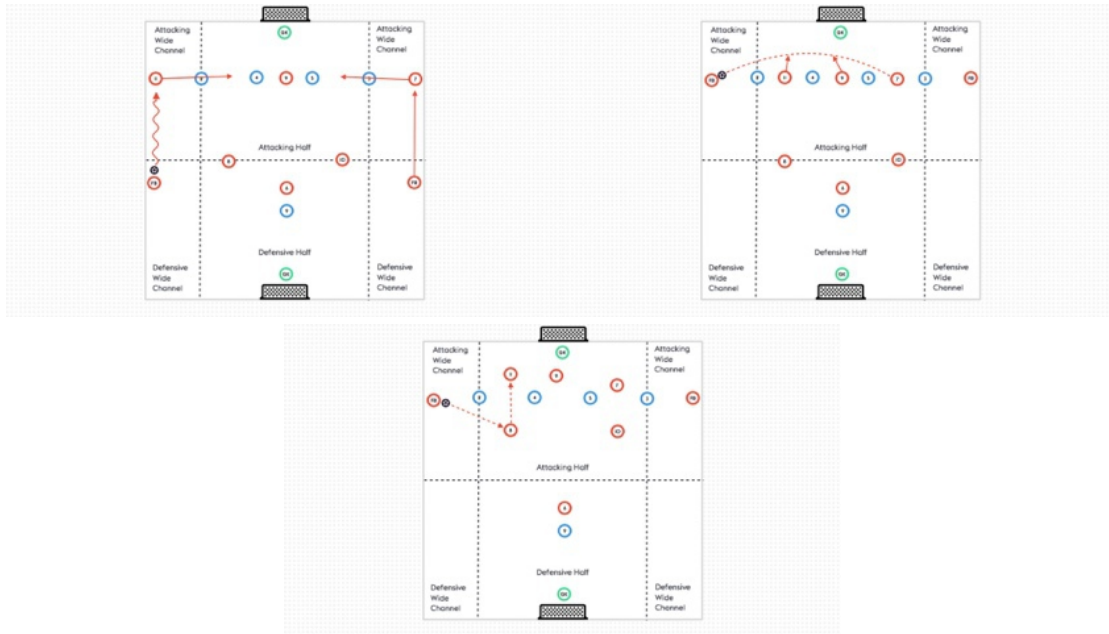
- Fix the structure (**width & depth**) to allow players to receive the ball with time and space.
- **Circulate & Probe** with the ball, moving the **defensive block around** to be able to penetrate.
  - Pass through the gaps created, into advance target players.
- **Dictate the tempo** of the game by making the opposition chase the ball.
  - Using short & long passes.
- Give the ball (vertically & horizontally) to **players under pressure** to attract defenders to them to **create space**

**elsewhere.**

- Coach the movement of the receiving players to **dismark** and be able to receive with purpose.
- As the ball is played into the **#6** this is the **cue** for the **wide players to push on.**



## Possible Patterns



**Final Game:** JdP Activity Overlapping Fullbacks and Inverting Wingers

**Organization:** Field to suit age, ability and numbers. Field divided into two wide channels and a half way line (as pictured). **Numbers-up game** based on what coach has available, with the focus team having more players (as above).

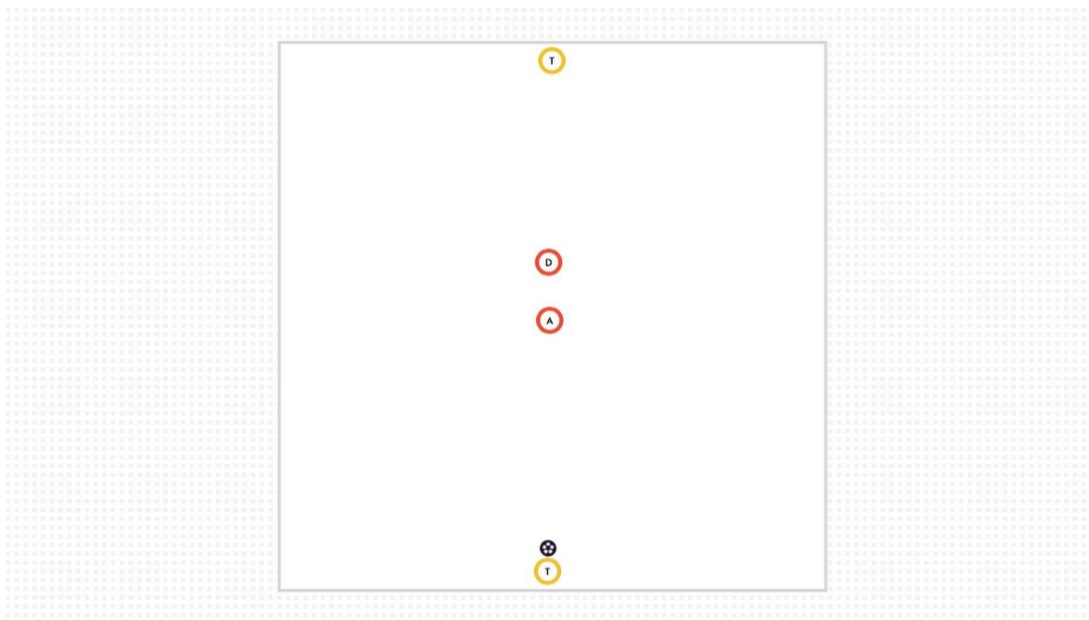
**Instruction:** The Red Team has the following conditions when **in possession**:

- The Fullback and Winger (on the same side as the ball) **cannot occupy the same Wide Channel** (either Defensive Wide Channel or Attacking Wide Channel) **at the same time**. See picture.
- When the ball is in one '**Attacking Wide Channel**' the **opposite Fullback** must move into his 'Attacking Wide Channel'. See picture.
- If the ball is in the attacking half then the #8/#10 try to occupy the half spaces.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

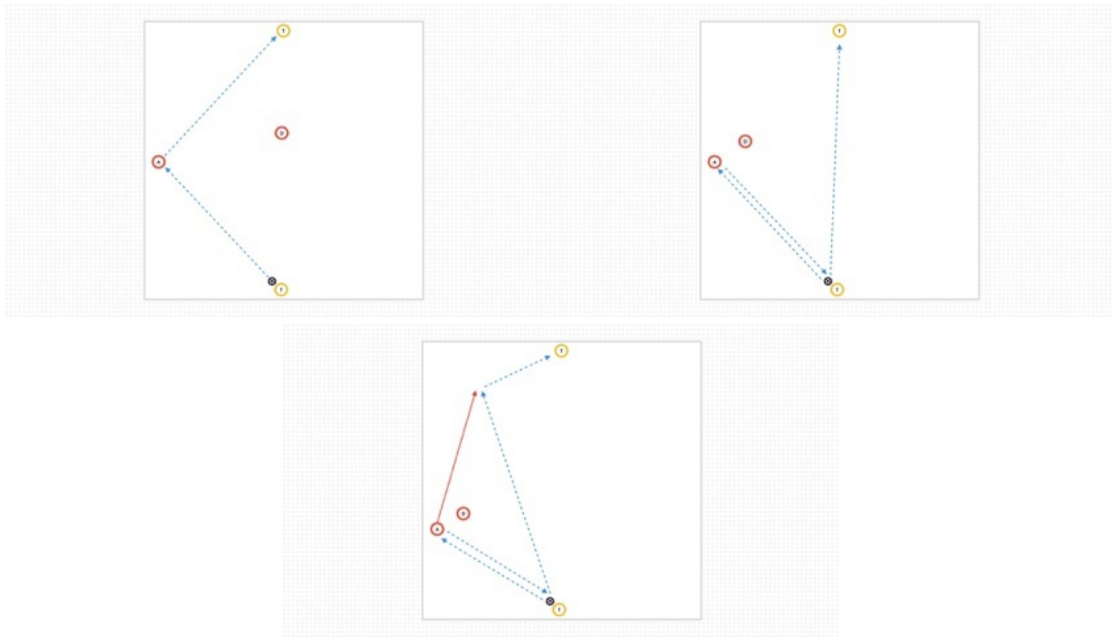
- Encourage the **#8 & #10 to get on the ball in the half spaces** to dictate play.
- Encourage the **fluid interchange** of movement between the **Wingers & Fullbacks**.
- Coach calmness and patience on the ball when it is on one side of the field;
  - **Do not force the ball forward**, circulate the ball and take advantage of this time to get into position.
  - **Switch the ball** to try and find the **Free Man**.
- Switch the ball to get the **Wingers running at the back line**.
- **Wingers should look to occupy the CBs** so as to release their Fullback.

## Session Plan: Penetrating into Midfield 1



**Possible Patterns**





## Warm Up: 1v1+2

**Organization:** 1v1+2 in a grid suitable for the age and ability of the players. 5/6/7 players per grid.

**Instruction:** The game starts with the ball carrier trying to play into either the Red or the Blue player. 3v1 against the defender. A point is scored every time the ball is played end to end to a different Target player. **Targets can play to Targets.** This is not a dribbling game, this is a passing and moving game.

If the defender wins the ball, the game transitions, roles are switched and the game **doesn't stop**.

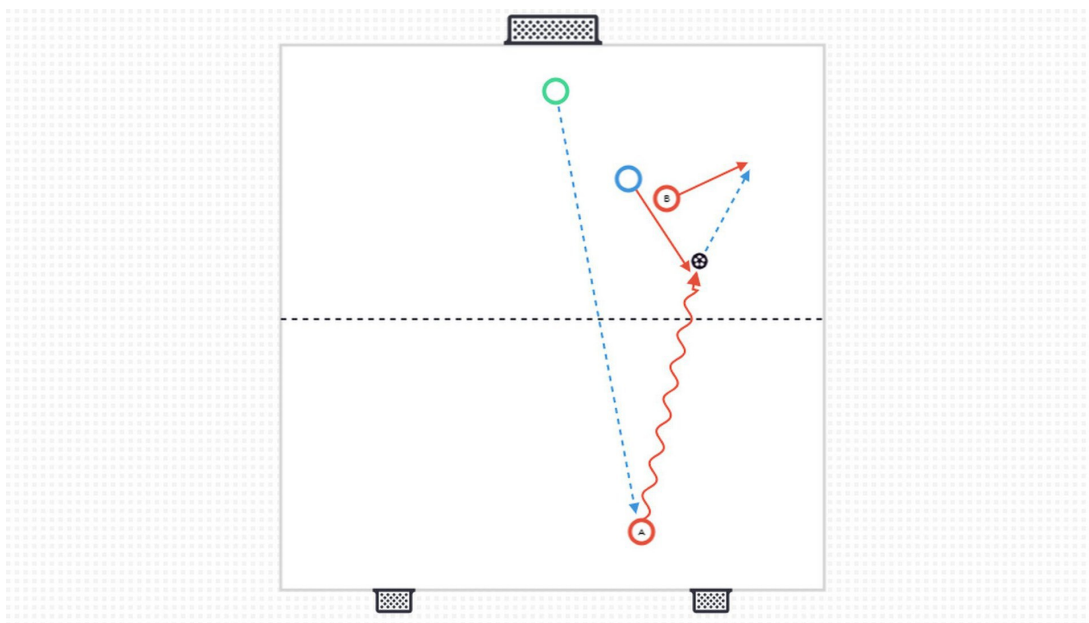
Coach must rotate players every 45 seconds or so as the intensity level is exceptionally high.

## Coaching Points:

- Fix the structure (width & depth) to ensure the ball can be circulated whilst looking for a penetrating pass.
- Receive with purpose;
  - On the back foot
  - Across the body



- On the front foot if necessary (talk the players through the when, where and why of both).
- First look should be forward to penetrate;
  - If penetration is not on, then look sideways or backwards to circulate the ball.
- Young players need to learn how to accurately and firmly play one and two touch passes over 15 yards.



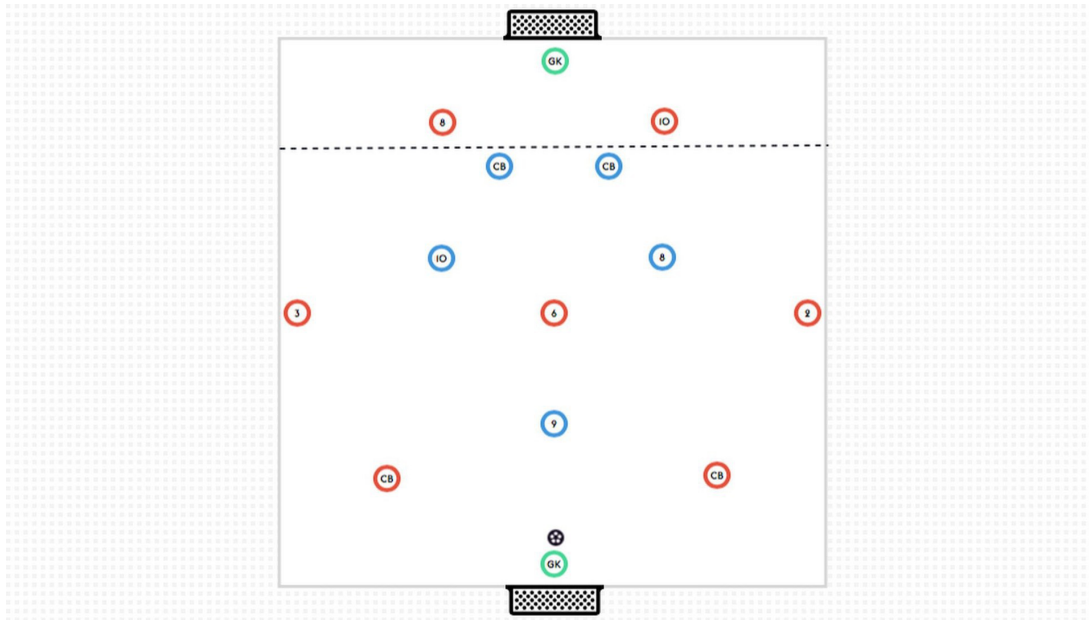
### **Technical Activity:** 1v1+1 to Goal

**Organization:** 1v1+1 to goal plus a GK. 2 counter goals and 1 big goal.

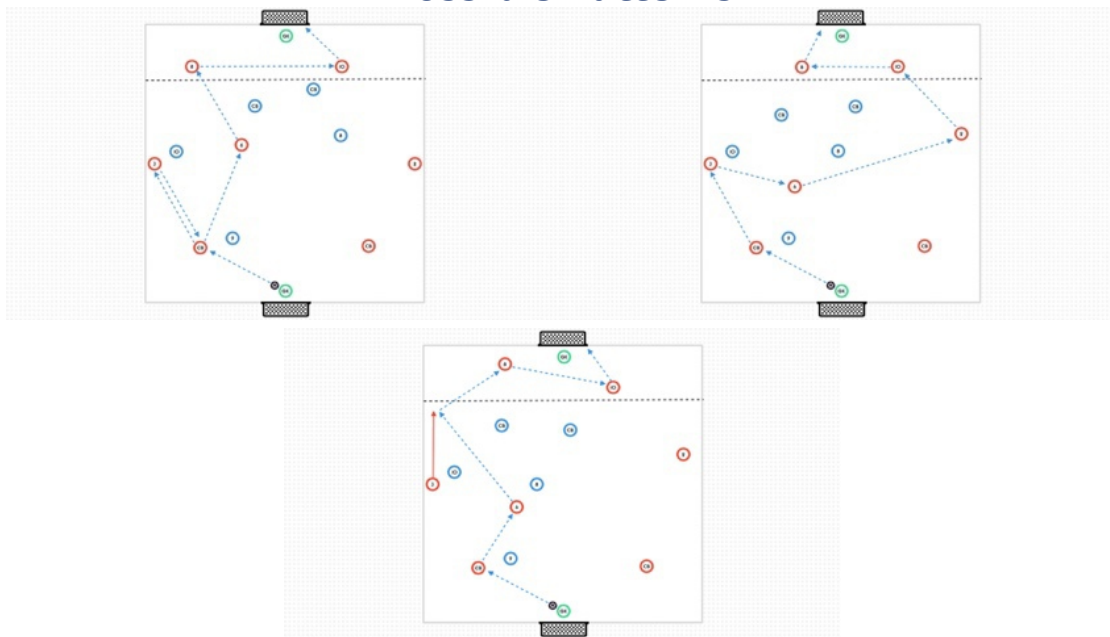
**Instruction:** The GK serves the ball to Player A. Player A then goes 1v1+ with Player B against the defender. Player A starts in the 1<sup>st</sup> Zone Player B and the Defender start in the 2<sup>nd</sup> Zone. Player A must receive in the First Zone (then can go anywhere). Player B must stay in the Second Zone. The defender can go anywhere.

### **Coaching Points:**

- Player A must have a good first touch to **win the open** space in front of him and prevent the defender from winning it.
- Player A looks to engage the defender and then make a **decision**;
  - If the defender engages then he can release Player B as the **Free Man**.
  - If the defender doesn't engage then he can beat him 1v1 and penetrate to goal.
- Player B must look to dismark and '**go dark**' behind the defender to become the **Free Man**.
  - Player B must quickly read the play and then **win the space** from the defender and be in a good position to receive.
  - **Body shape** of Player B to receive across his body on the back foot if possible to be in a better position to **penetrate** forward once he receives the ball.
- **Give and goes** and **speed**.
- Sharp finishes (don't let the defender recover)



## Possible Patterns



**JdP Activity:** Penetrating to Targets

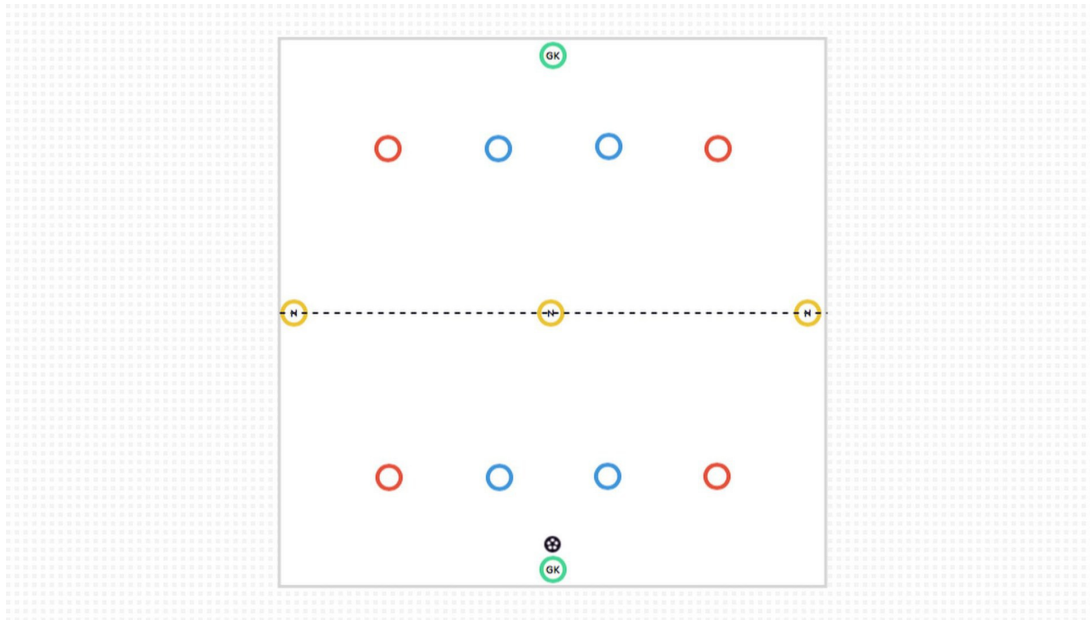
**Organization:** Grid to suit size, age and ability. End Zone with Targets. GK. Goal. Rotate teams.

**Instruction:** Focus team scores points by moving the ball into the Target Players in the End Zone. The receiving player gets a chance

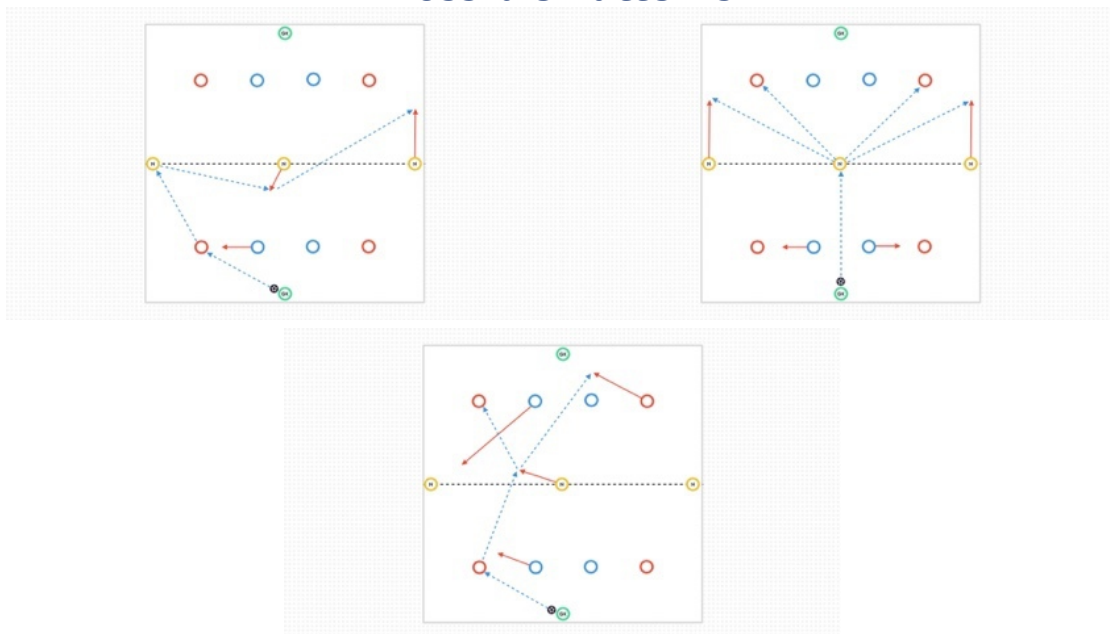
for a bonus point if they can lay the ball off '1 touch' to their other team mate in the End Zone to finish.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow players to receive the ball with time and space.
- **Circulate & Probe** with the ball, moving the **defensive block around** to be able to penetrate.
  - Pass through the gaps created, into advance target players.
- **Dictate the tempo** of the game by making the opposition chase the ball.
  - Using short & long passes.
- Give the ball (vertically & horizontally) to **players under pressure** to attract defenders to them to **create space elsewhere**.
- Coach the movement of the receiving players to **dismark** and be able to receive with purpose.
- As the ball is played into the **#6** this is the **cue** for the **wide players to push on and overlap**.



## Possible Patterns



**Final Activity:** JdP Activity: 4v4+5

**Organization:** 4v4+5.

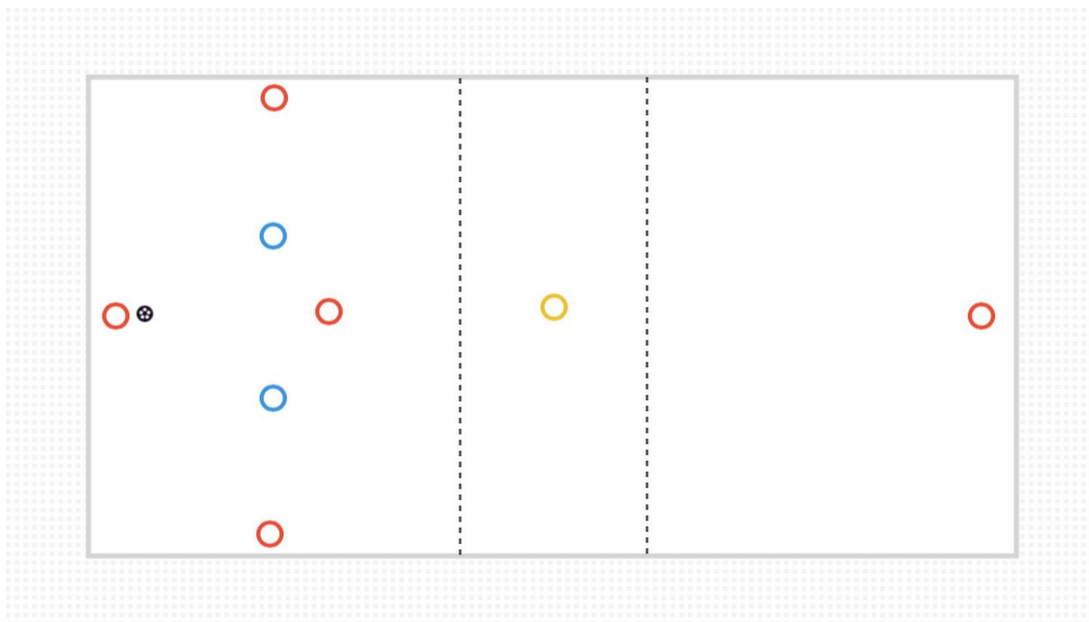
**Instruction:** Red v Blue. The two attacking players **can only** receive the ball in the **attacking half**. They must not enter the defensive half. Same for both teams. **The objective is to**

**penetrate by passing the ball into the attacking players** and then for that team to score by passing into the Targets.

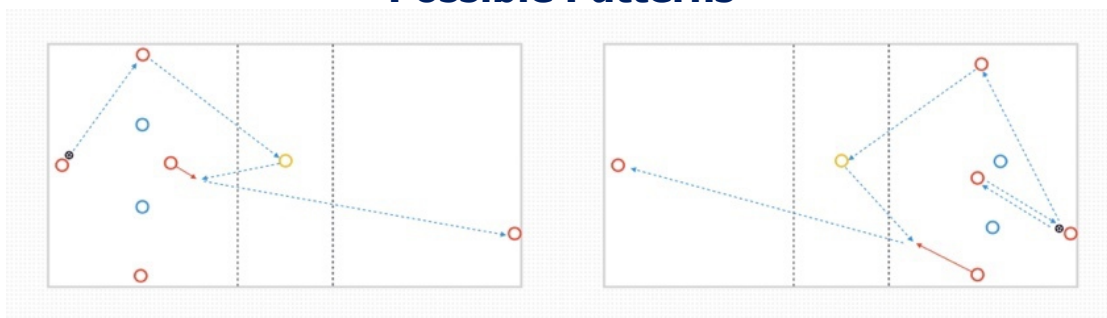
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
  - In particular the FBs help create space in the Half Spaces by fixing the defense.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to a #8/#10,
  - Create Numerical & Positional Superiority by attracting players to the ball, out wide, to **create space to be able to penetrate centrally**.
- **Coach the movement** of the two attacking players to occupy the Half Spaces.;
  - **Dismark** and be able to receive the ball relatively pressure free
  - **Receive with purpose** and the correct body orientation (on the half turn).
- Coach the movement of the **FBs**
  - As the ball is played into the two attacking players that is a **cue** for the them to get **ahead** of the ball to support.
  - **Passes should trigger runs** – The pass to the attacking players should trigger the runs of the FBs & this should be a **common and often seen behavior** both in the practice sessions and the game.
- Coach **Third Man Movements**.
  - The diagonal runs in behind (going dark) of pressing defenders is key to penetrating and breaking lines of pressure.

## **Session Plan: Penetrating into Midfield Part 2**



### Possible Patterns



**Warm Up:** Rondo 5v2+1

**Organization:** 5v2+1. Rectangular grid. Middle Channel.

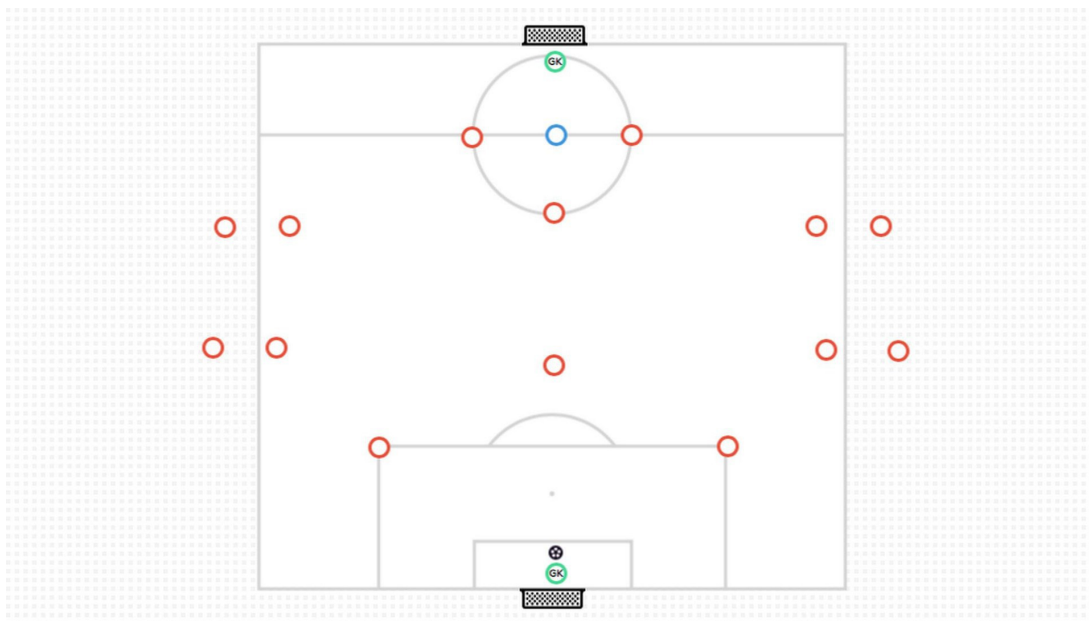
**Instruction:** The ball can only be transferred from Zone to Zone through a Third Man Movement (pictured). The Neutral must stay in his Zone.

When the ball is transferred from one Zone to the next, then the players must also transfer into the next Zone.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

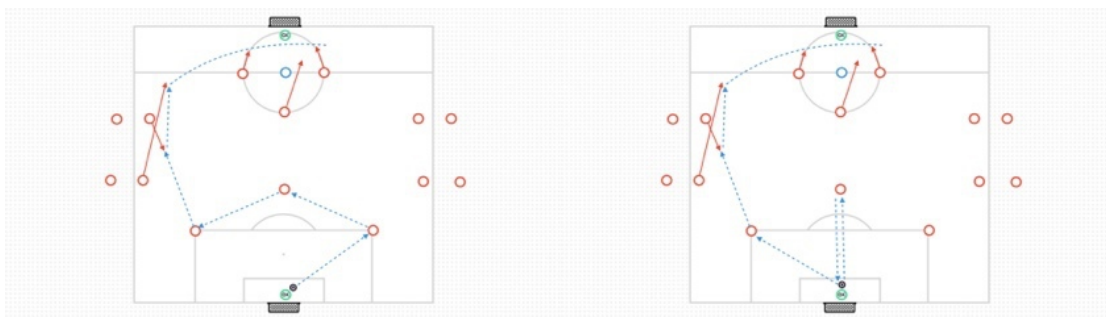
- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to the Targets.

- Create Numerical & Positional Superiority by attracting players to one area to create space somewhere else.
- **Dismark** and be able to receive the ball relatively pressure free
- **Receive with purpose** and the correct body orientation (on the half turn).
- **Passes should trigger Third Man Runs** – The pass to the Neutral should trigger the movement of the Third Man and this should be a **common and often seen behavior** both in the practice sessions and the game.
- Coach **Third Man Movements**.



**Possible Patterns**





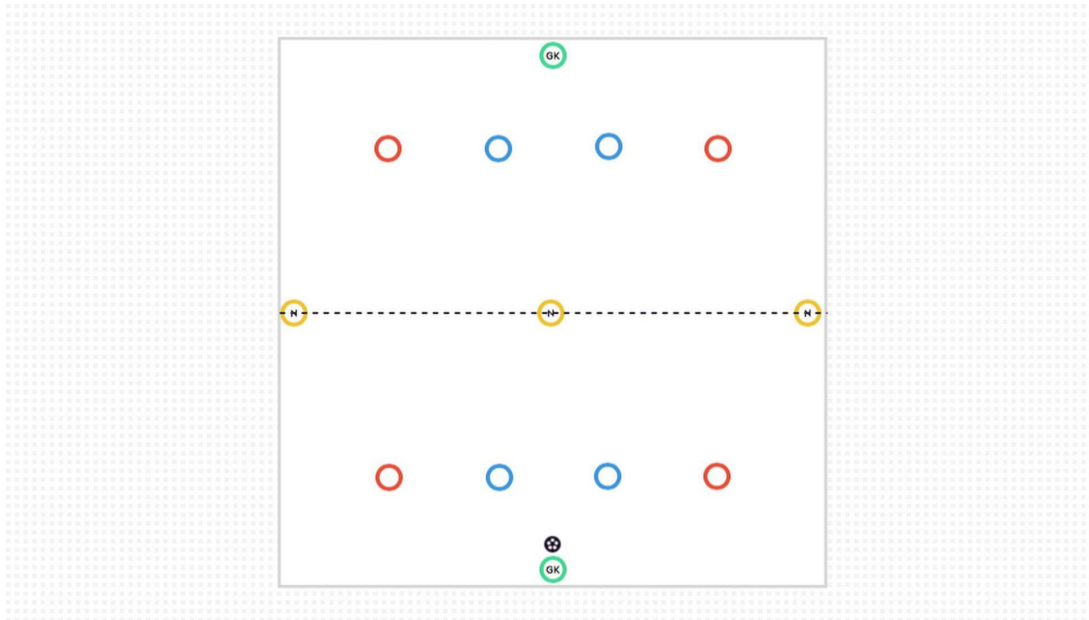
### **Technical Activity:** Overlapping FB, 2v1 to Goal

**Organization:** 2 Goals. GKs. Spare players on each station (as pictured) to provide a good work to rest ratio.

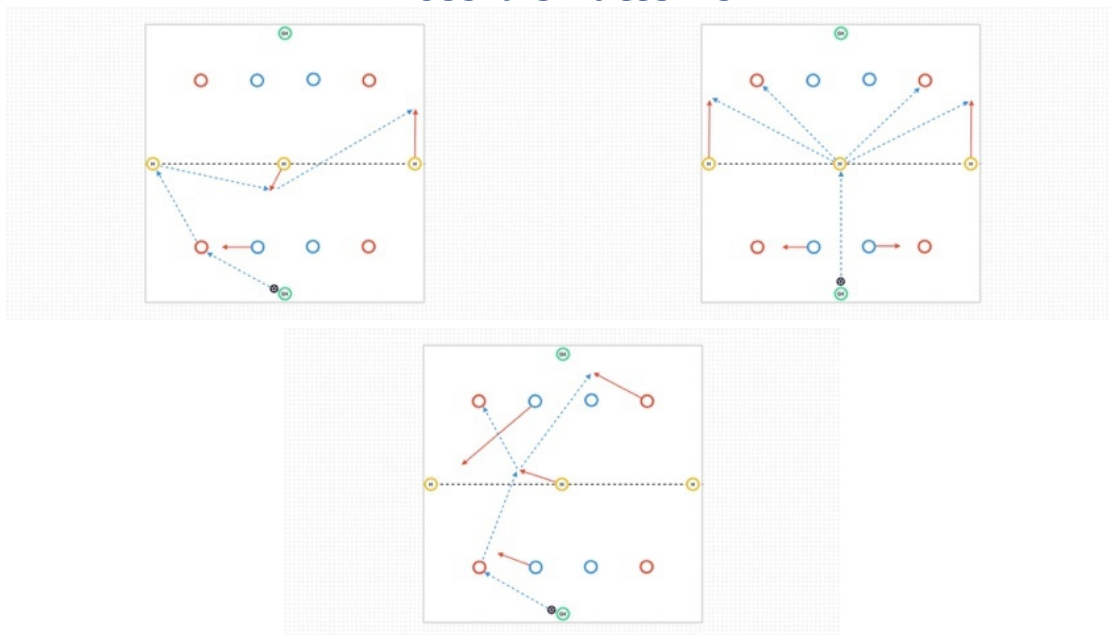
**Instruction:** GK starts the pattern. Can vary the movement, but once the ball gets to the Winger, the FB overlaps to receive the ball and cuts the ball back to the 3v1 in front of goal. Repeat the other side. Can have spare players on the stations to rotate in and out (pictured).

### **Coaching Points:**

- Coach the spatial and temporal relationship of the FB & the Winger (this is the most important part of the pattern).
- Accurate, low and fast cut back across the goal.
- 1 touch finish if possible.



## Possible Patterns



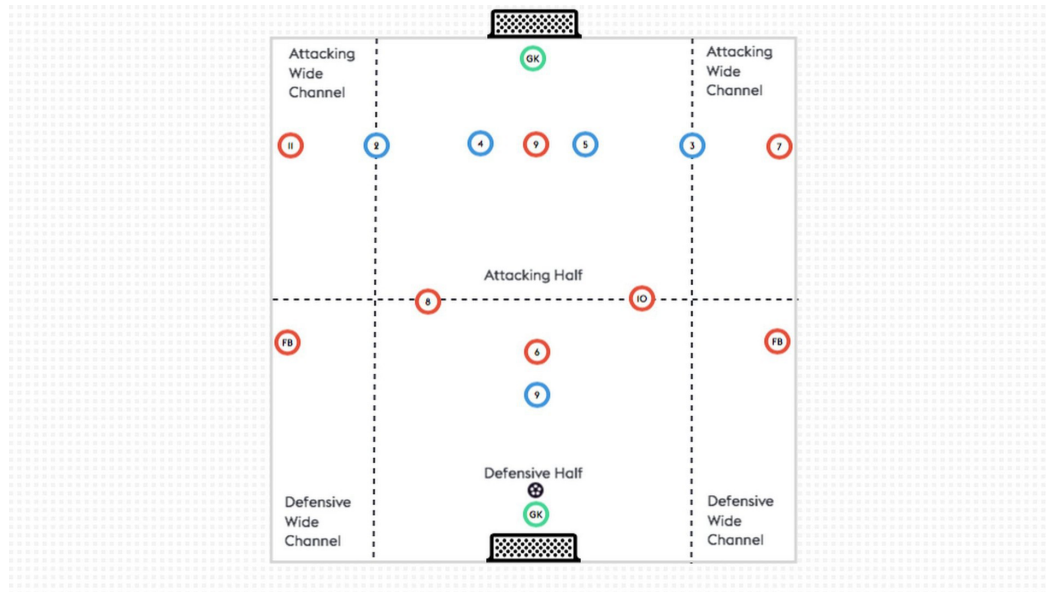
**Final Activity:** JdP Activity: 4v4+5

**Organization:** 4v4+5.

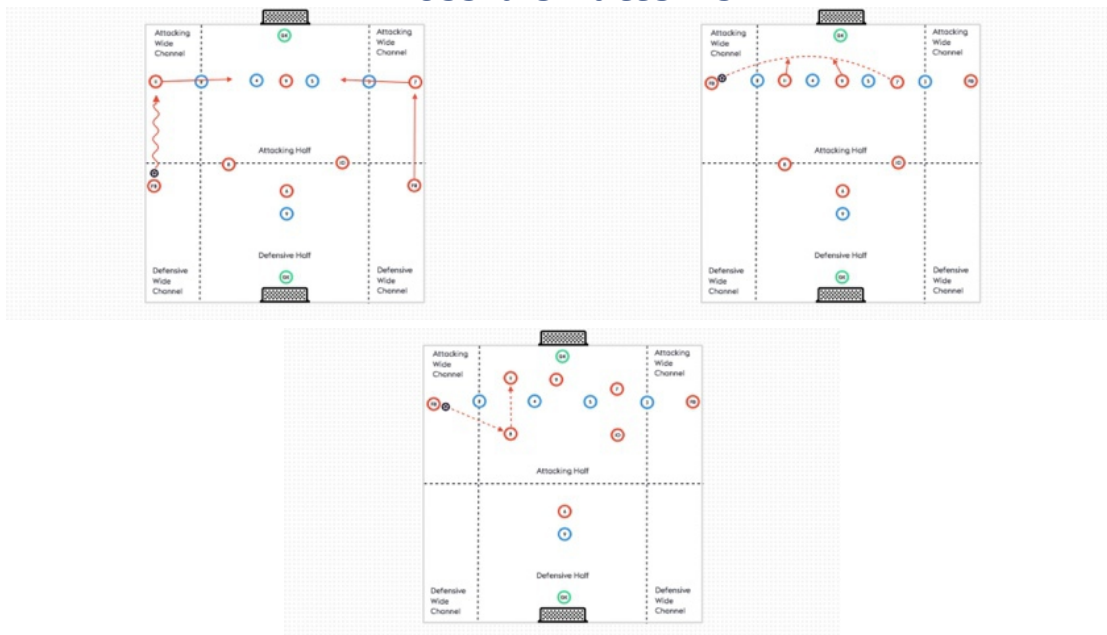
**Instruction:** Red v Blue. The two attacking players **can only** receive the ball in the **attacking half**. They must not enter the defensive half. Same for both teams. **The objective is to penetrate by passing the ball into the attacking players** and then for that team to score by passing into the Targets.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
  - In particular the FBs help create space in the Half Spaces by fixing the defense.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to a #8/#10,
  - Create Numerical & Positional Superiority by attracting players to the ball, out wide, to **create space to be able to penetrate centrally**.
- **Coach the movement** of the two attacking players to occupy the Half Spaces.;
  - **Dismark** and be able to receive the ball relatively pressure free
  - **Receive with purpose** and the correct body orientation (on the half turn).
- Coach the movement of the **FBs**
  - As the ball is played into the two attacking players that is a **cue** for the them to get **ahead** of the ball to support.
  - **Passes should trigger runs** – The pass to the attacking players should trigger the runs of the FBs & this should be a **common and often seen behavior** both in the practice sessions and the game.
- Coach **Third Man Movements**.
- The diagonal runs in behind (going dark) of pressing defenders is key to penetrating and breaking lines of pressure.



## Possible Patterns



**Final Game:** JdP Activity Overlapping Fullbacks and Inverting Wingers

**Organization:** Field to suit age, ability and numbers. Field divided into two wide channels and a half way line (as pictured). **Numbers-up game** based on what coach has available, with the focus team having more players (as above).

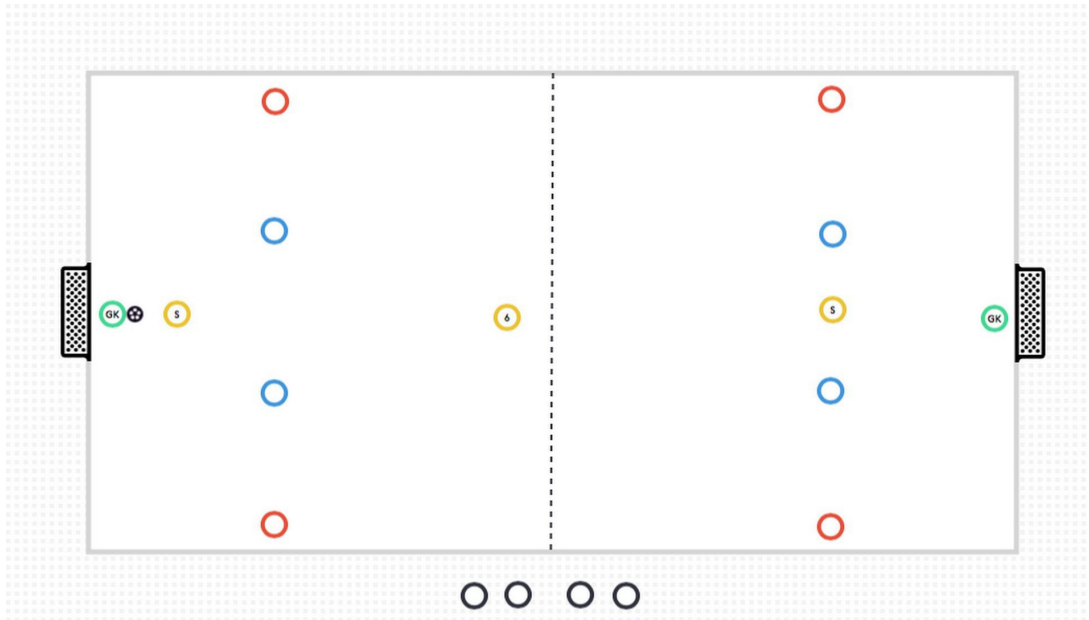
**Instruction:** The Red Team has the following conditions when **in possession**:

- The Fullback and Winger (on the same side as the ball) **cannot occupy the same Wide Channel** (either Defensive Wide Channel or Attacking Wide Channel) **at the same time**. See picture.
- When the ball is in one '**Attacking Wide Channel**' the **opposite Fullback** must move into his 'Attacking Wide Channel'. See picture.
- If the ball is in the attacking half then the #8/#10 try to occupy the half spaces.

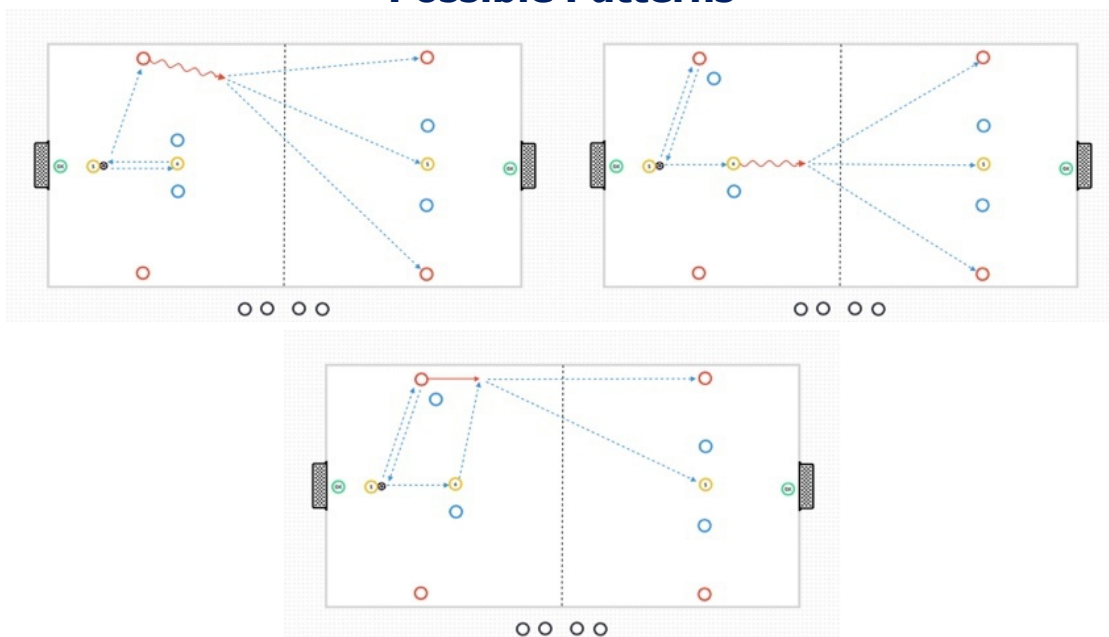
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Encourage the **#8 & #10 to get on the ball in the half spaces** to dictate play.
- Encourage the **fluid interchange** of movement between the **Wingers & Fullbacks**.
- Coach calmness and patience on the ball when it is on one side of the field;
  - **Do not force the ball forward**, circulate the ball and take advantage of this time to get into position.
  - **Switch the ball** to try and find the **Free Man**.
  - Switch the ball to get the **Wingers running at the back line**.
  - **Wingers should look to occupy the CBs** so as to release their Fullback.

**Session: Penetrating into the Final Third Part**  
**1.**



## Possible Patterns



**Warm Up Activity:** Over the River.

**Organization:** A grid with two zones divided by a half-way line. 4v4+3+GKs (if big numbers, one team waiting).

**Instruction:** Both teams divided equally across the two halves and must remain there. Neutral #6 (Yellow) can go wherever he wants.

The attacking team can only score by passing to their striker and having him score (S Yellow).

When the defending team wins the ball, they **transition**.

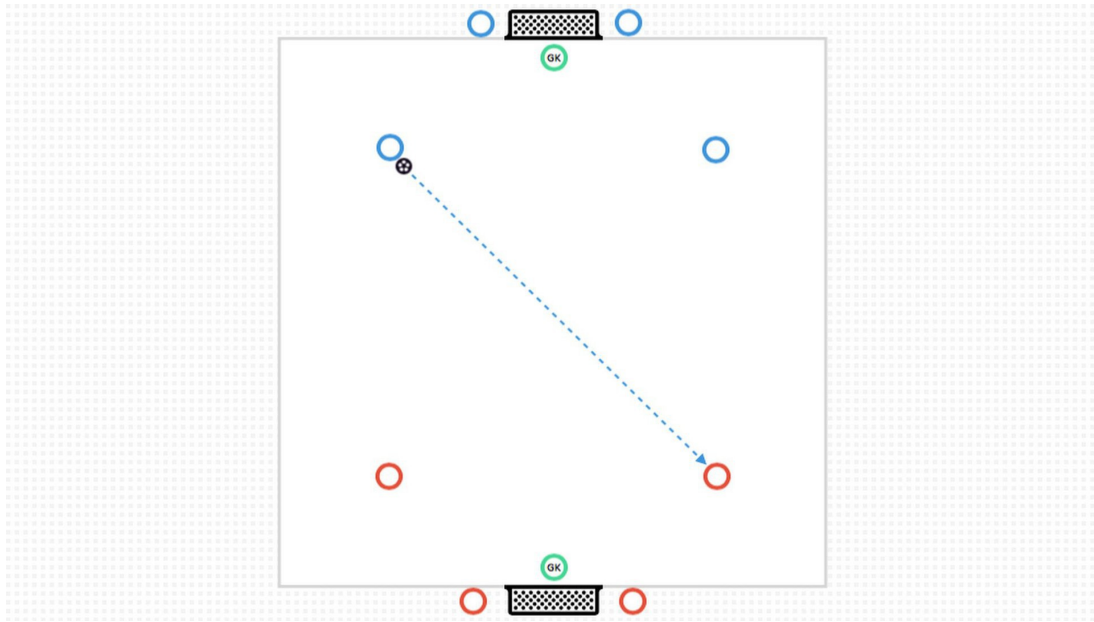
Teams are rotated out every 3 minutes or so.

**Penetration**, not circulation, is the main objective of this activity.

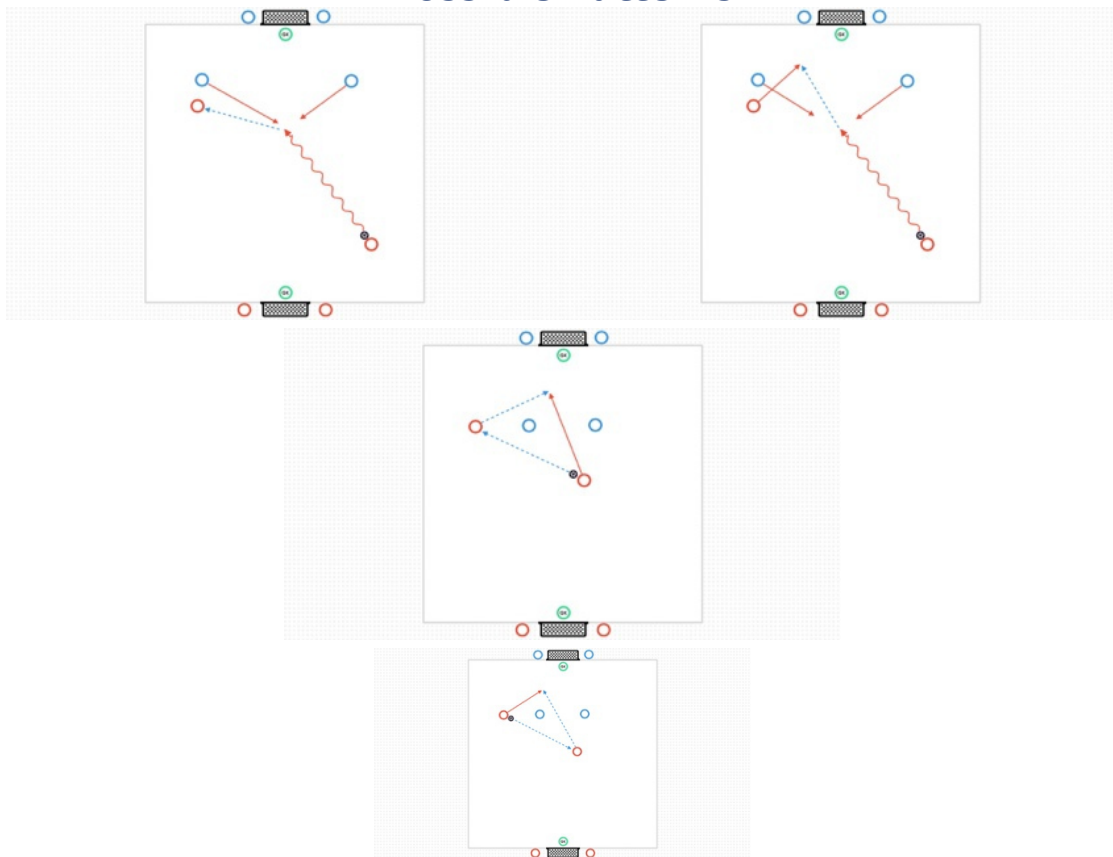
### **Coaching Points:**

- Fix the structure (**width & depth**) to be able to **possess** the ball, **move the defenders** around and have **time** and **space** to **penetrate** into the next Zone.
- First look should always be **forward**, if nothing is on, then look sideways or backwards to reload play.
  - **Penetration**, not circulation, is the main objective of this activity.
  - Receiving players must be constantly **dismarking** to **receive with purpose** and allow **penetration**.
  - Force players to get comfortable with the **longer passing distances**.
- **Vary passing distances** and **tempo** to avoid pressing traps.
- **Transition**.





## Possible Patterns



**Technical Activity:** 2v2 to Goal with Flying Changes.

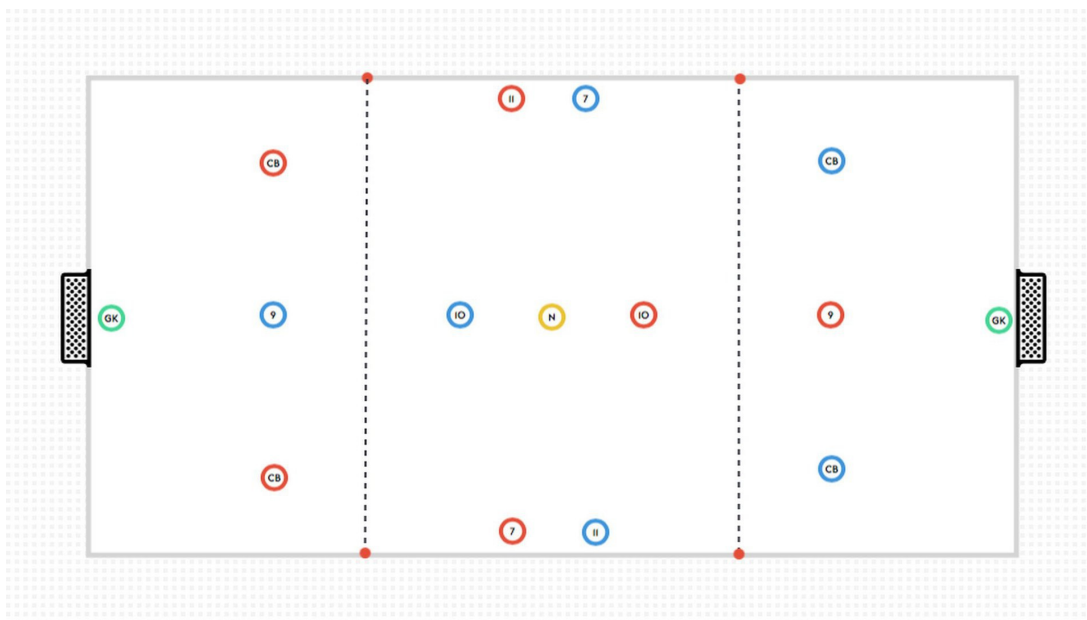
**Organization:** 2 Goals. GKs.



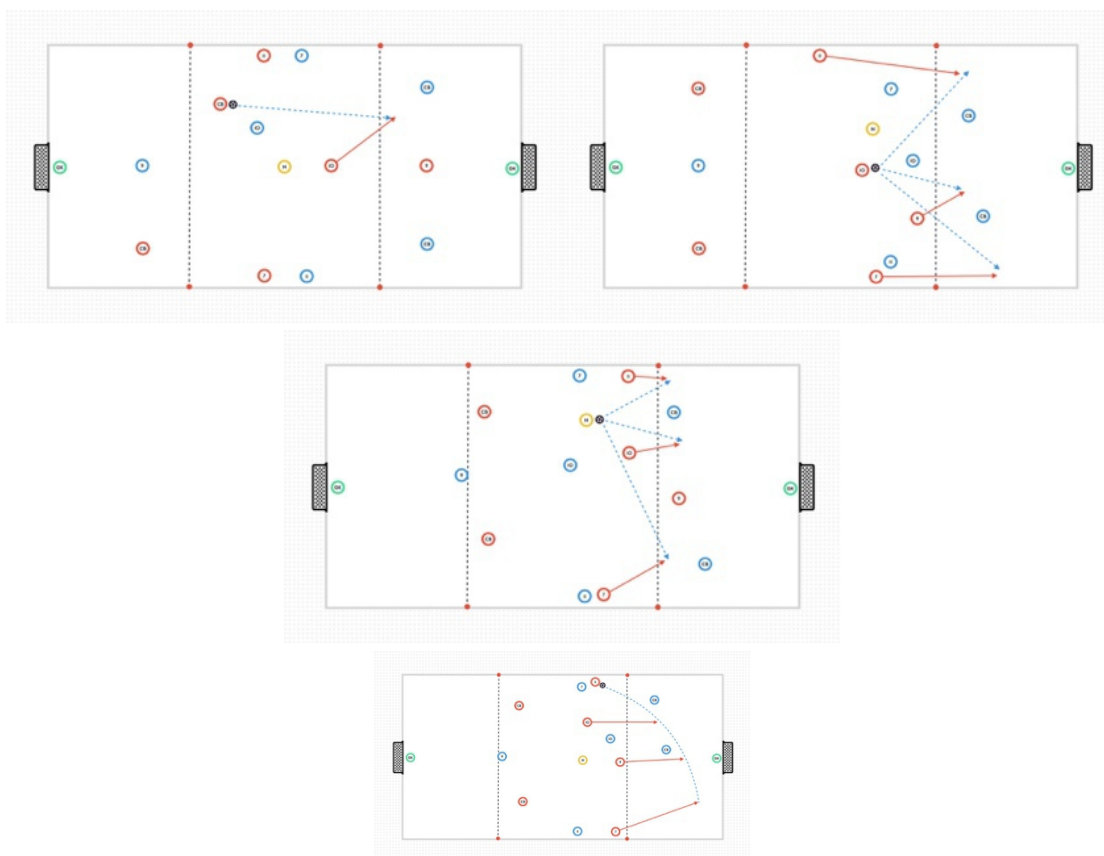
**Instruction:** 2v2 to goal with Flying Changes.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- A good first touch to win the space from the defenders.
- Combination Play to goal;
  - Overlaps
  - Wide Play
  - Give and Goes
  - Through Balls
- Decision Making;
  - When to dribble v when to pass v when to shoot.
- Speed and efficiency;
  - Once a positional advantage has been gained, execute and take advantage of it quickly to prevent the defender from recovering.
- Shooting;
  - Quick, ruthless, efficient, low, hard and to the corners.



**Possible Patterns**



**JdP Activity:** End Zone Game Timing of Runs and Passes.

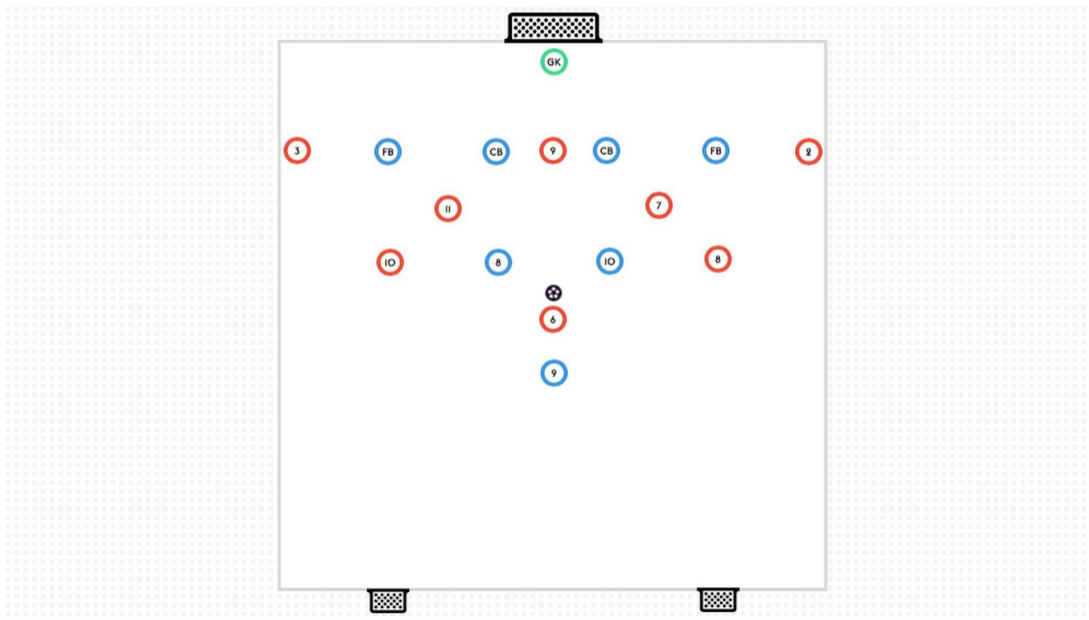
**Organization:** End Zone Activity. 2 big goals. 6v6/7v7+1 game.

**Instruction:** **1 Point** for a regular goal. **5 Points** for a goal from a cross or through ball into the End Zone.

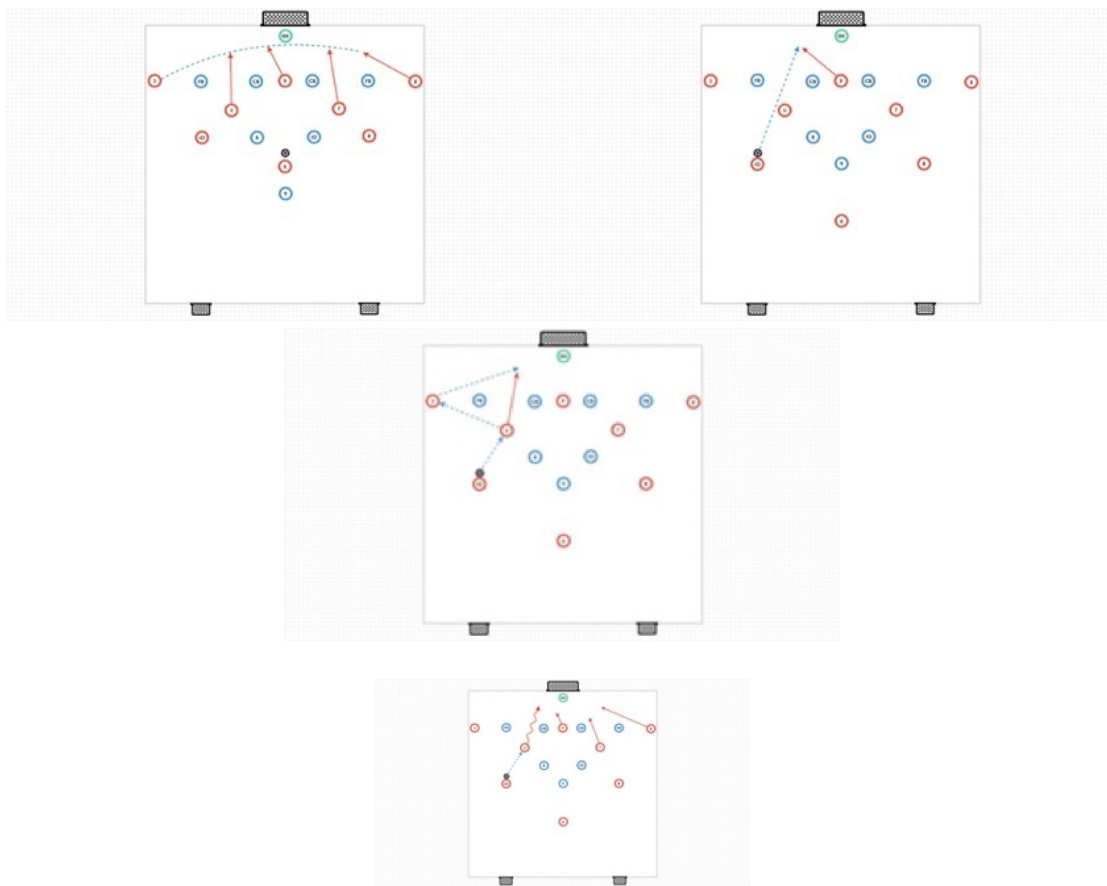
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to pull the defense apart & create gaps for the runners to burst through.
- First look should be **forward**.
- **Temporal** and **spatial** relationship between **passer** and **receiver** to **time** the **run** and the **pass**.
  - **Double Movements** drag the defender out and then to get in to the End Zone.
- **Cues** for forward runs from **wide, midfield** and '**#9**' when a midfielder receives the ball on the turn;

- They should now burst through to get into positions to receive in the End Zone.
- **Diagonal runs** in behind players (**going dark**) increase the success of connecting with a through ball.
- Coach the **timing of runs** from deep.
  - **Bend runs** to maintain momentum.
- **Aggressive runs into the End Zone** cause panic and provide time and space for the player on the ball.
- Crosses should be **whipped across the 'box' fast and low, bending away from the GK** to provide maximum opportunity for multiple attackers to connect with it.



**Possible Patterns**



**Coached Game:** Penetrating into the Final Third.

**Organization:** Numbers-up Game to goal with two counter goals.

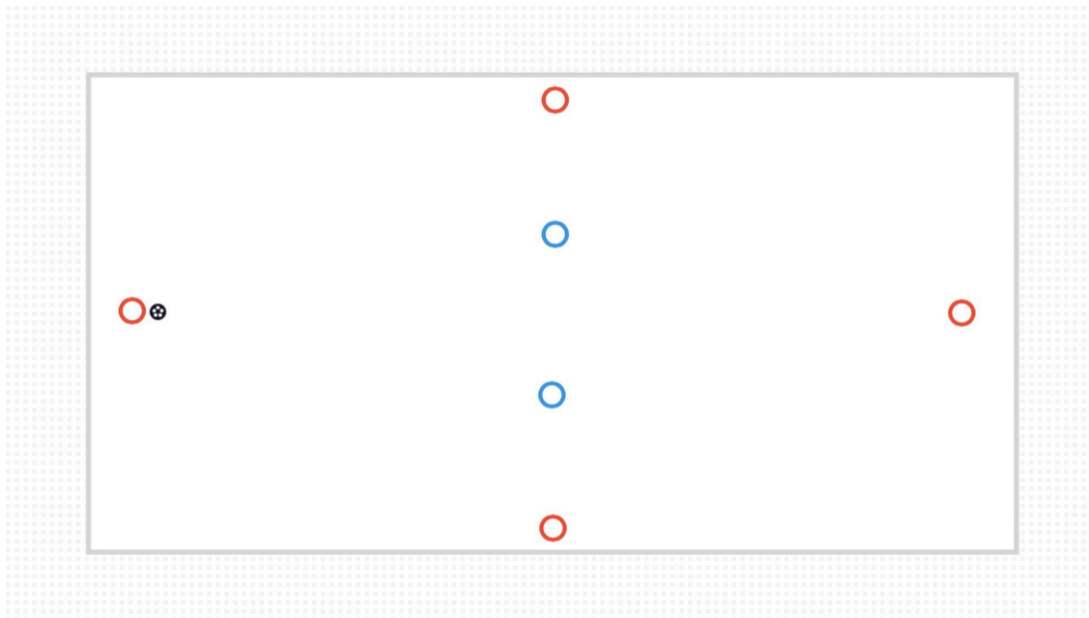
**Instruction:** Game is live but work primarily with the focus team and the players that would normally be in those positions. Regular game.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

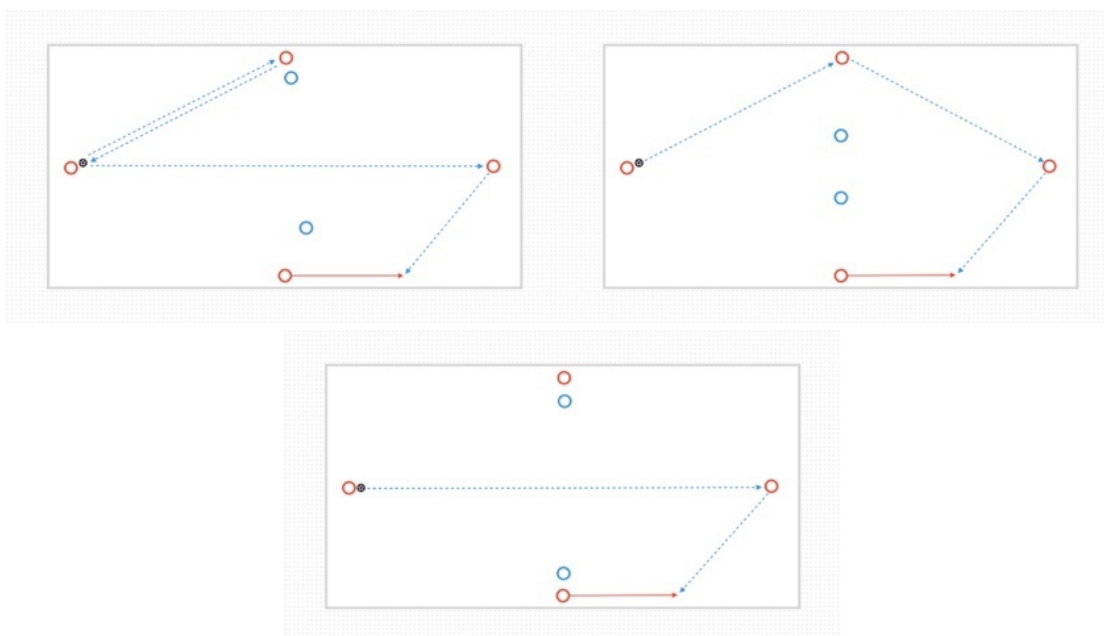
- Fix the structure (**width & depth**) to be able to **possess** the ball, **move the defenders** around and have **time** and **space** to **penetrate** into the next Zone.
  - **Exploit the Half spaces**
  - **Exploit Zone 14**
- First look should always be **forward**, if nothing is on, then look sideways or backwards to reload play.

- **Penetration**, not circulation, is the main objective of this activity.
  - Off the ball, penetrating movements to get in behind the defense.
- Receiving players must be constantly **dismarking** to **receive with purpose** and allow **penetration**.
- **Vary passing distances** and **tempo** to avoid pressing traps.
- **Transition**
  - Negative - should be fast and aggressive.
  - Positive – can be to quickly play forward, or if nothing on, recycle the ball, probe and circulate.

## Session: Penetrating into the Final Third Part 2



**Possible Patterns**



**Rondo:** 4v2.

**Organization:** 4v2

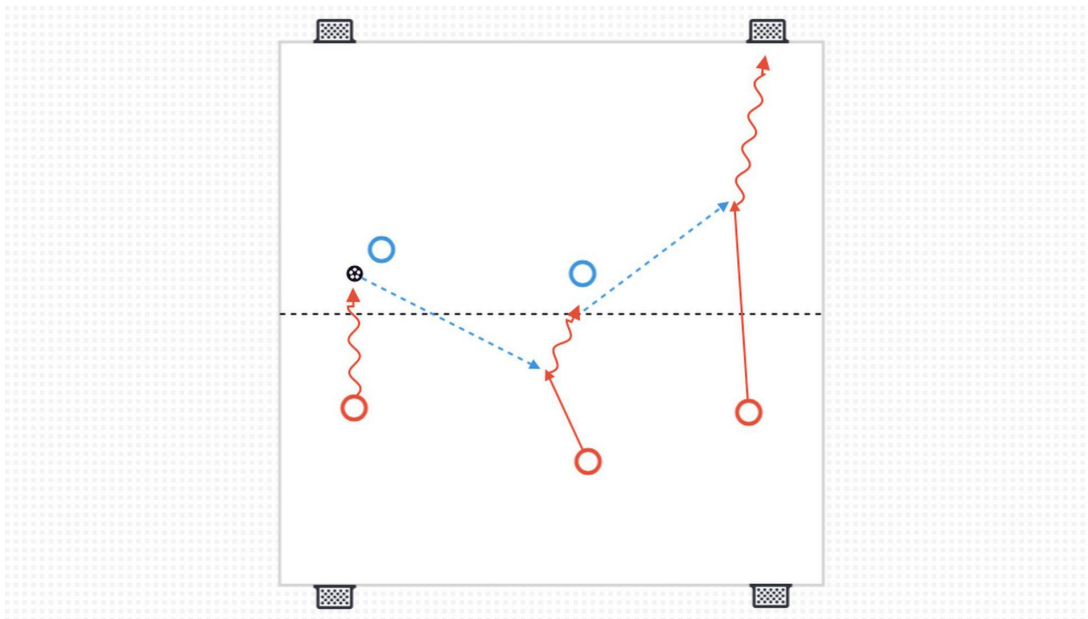
**Instruction:** The possessing team scores points by passing into the Targets (North & South).

### Coaching Points

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
- **Move the defensive block around** to open up passing lanes.
- The ball carrier must always have **supporting options**, left, right and ahead;
  - **Adjustment of depth** from the wide players to create passing angles based upon defenders' position is **vital**.
  - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> line passes.
- **Attract defenders** to the ball to create space elsewhere.
  - Off-the-ball players present themselves as options to '**fix**' the weak-side defenders to **prevent them**

**from committing** (this is the structural key to pulling the defense apart).

- Try to receive across the body on the back foot if possible, play a combination pass.
  - also coach the when, where and why of front foot receiving.
- Third Man Movements.



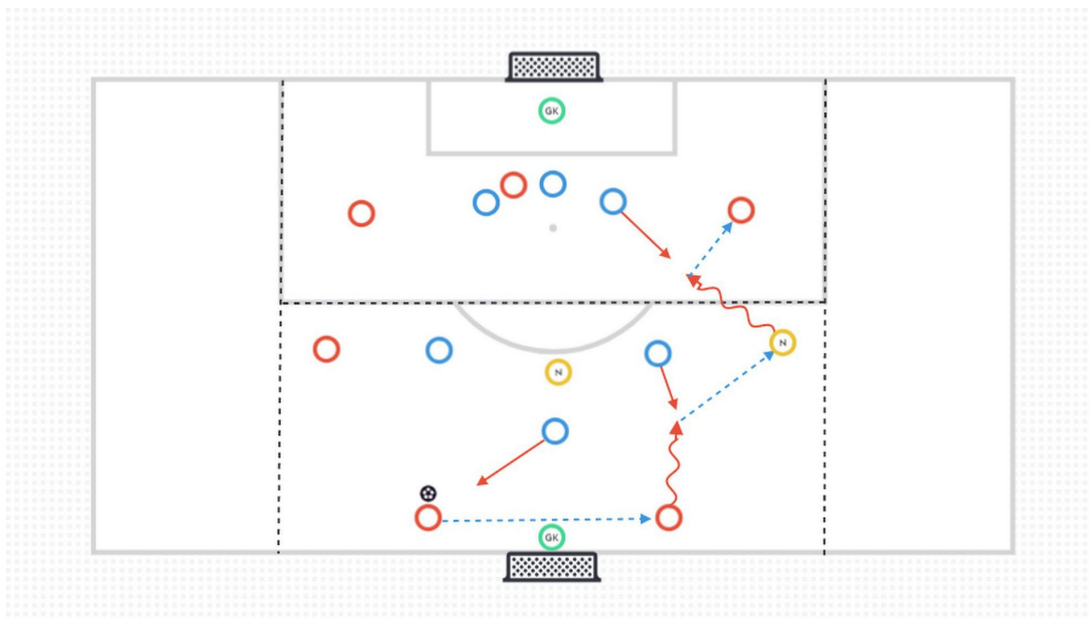
**Technical Activity:** 3v2 Flying Changes to Find the Free Man

**Organization:** Grid divided into two halves. 4 counter goals.

**Instruction:** The team of two defenders serves the ball to the team of three attackers who now play 3v2 to either of the two goals. If the defenders win the ball they can try to counter to the opposite two goals. Once the game is dead, it repeats from the other side with two different teams (always 3v2).

**Coaching Points**

- First touch must set the players up for the subsequent attacking actions (**win the space from the defender**).
- Players must fix the offensive structure (**width & depth**) to avoid having a straight line in possession.
- **Shift the defense** around by **probing and circulating** the ball, drawing them in and trying to release the **Free Man**.
- If the player can't get through a gate before losing the ball, then **regain structure**, drop the ball backwards, **circulate** and look for another opening.



**JdP Activity:** 3v3+2 to Goal.



**Organization:** 2 big goals. Zone is width of the 18-yard box and double the length with a half way line.

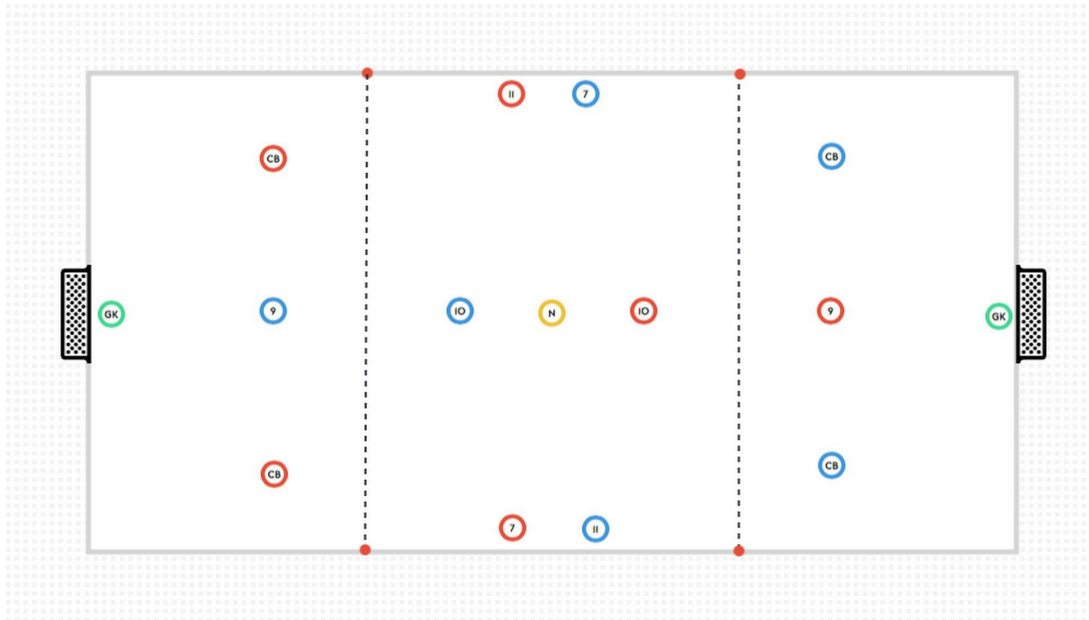
**Instruction:** Team in First Zone play 3v3+2 and try to penetrate into the next Second Zone.

Once this happens the two neutrals can enter the Second Zone to make is 5v3 in the Second Zone.

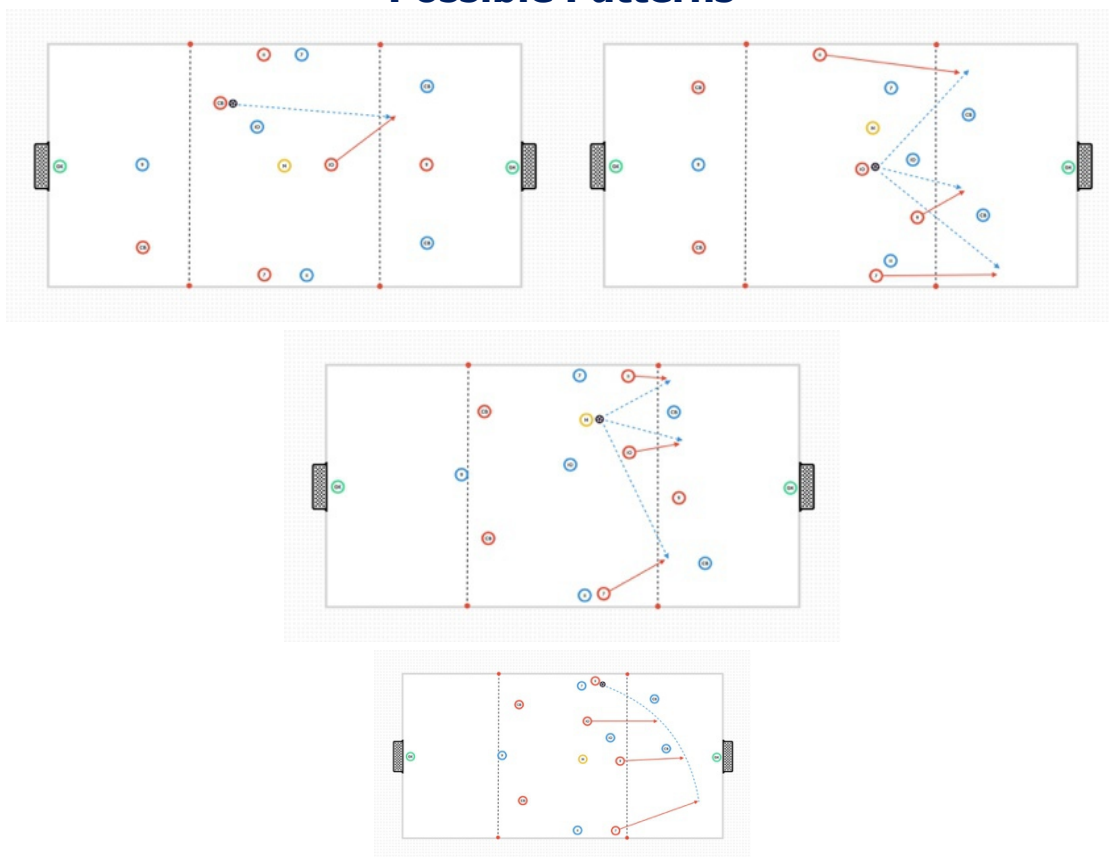
If the defence wins the ball, then the game re-sets with the neutrals now playing for that team, in the other direction, with all players (apart from the neutrals) returning back to their original Zone.

### **Coaching Points**

- Circulate the ball (vertically & horizontally) to attract players to the ball, and create positional superiority by creating the Free Man.
  - The Free Man should now be able to dribble the ball over half way.
- If the Free Man can't dribble in to the next Zone then the team should look to penetrate through passing.
- Receiving players in the Second Zone must try to dismark/go dark to be able to receive passes from the First Zone.



## Possible Patterns



**JdP Activity:** End Zone Game Timing of Runs and Passes.

**Organization:** End Zone Activity. 2 big goals. 6v6/7v7+1 game.

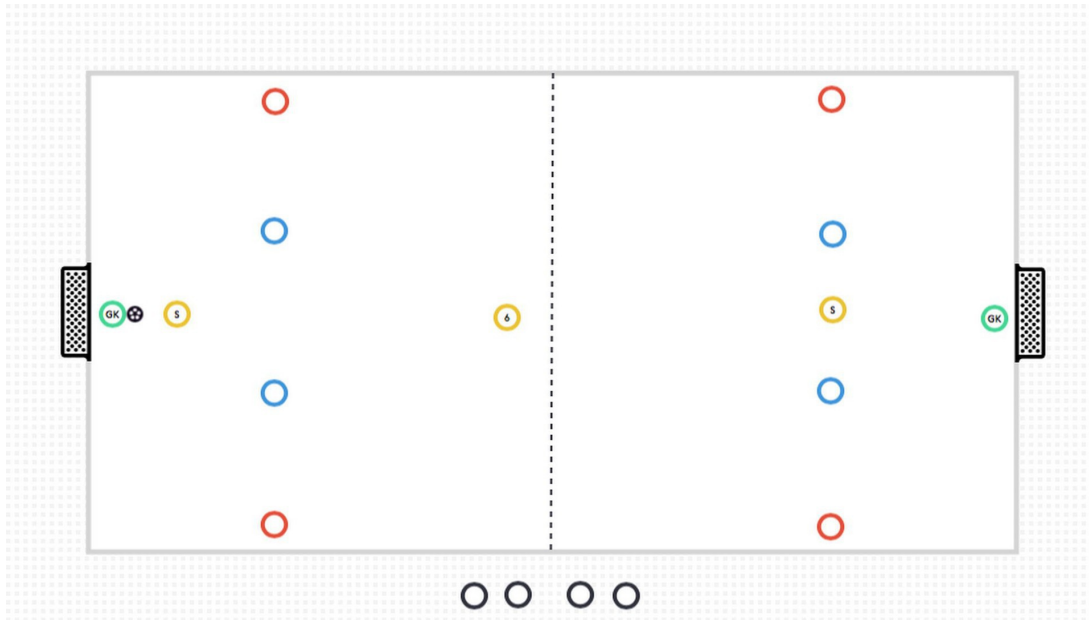
**Instruction: 1 Point** for a regular goal. **5 Points** for a goal from a **cross or through ball into the End Zone.**

**Coaching Points:** Take 60 seconds to model the above **solutions.**

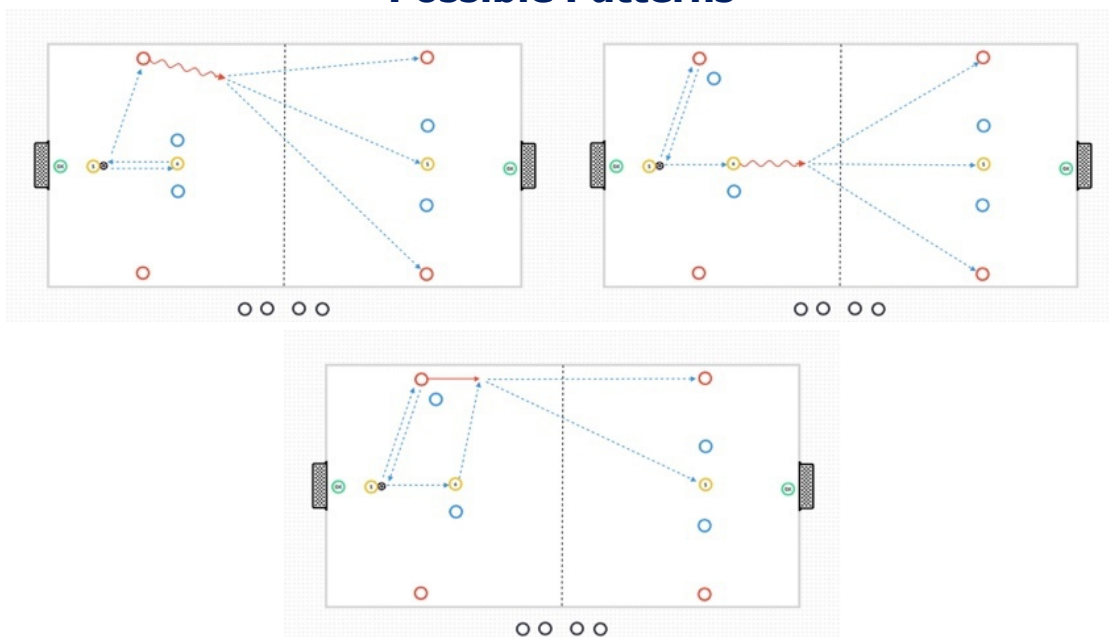
- Fix the structure (**width & depth**) to pull the defense apart & create gaps for the runners to burst through.
- First look should be **forward.**
- **Temporal** and **spatial** relationship between **passer** and **receiver** to **time** the **run** and the **pass.**
  - **Double Movements** drag the defender out and then to get in to the End Zone.
- **Cues** for forward runs from **wide, midfield** and '**#9**' when a midfielder receives the ball on the turn;
  - They should now burst through to get into positions to receive in the End Zone.
- **Diagonal runs** in behind players (**going dark**) increase the success of connecting with a through ball.
- Coach the **timing of runs** from deep.
  - **Bend runs** to maintain momentum.
- **Aggressive runs into the End Zone** cause panic and provide time and space for the player on the ball.

Crosses should be **whipped across the 'box' fast and low, bending away from the GK** to provide maximum opportunity for multiple attackers to connect with it.

## **Session Plan: Penetrating into the Attacking Third Part 3 – High Fullbacks**



## Possible Patterns



**Warm Up Activity:** Over the River.

**Organization:** A grid with two zones divided by a half-way line. 4v4+3+GKs (if big numbers, one team waiting).

**Instruction:** Both teams divided equally across the two halves and must remain there. Neutral #6 (Yellow) can go wherever he wants.

The attacking team can only score by passing to their striker and having him score (S Yellow).

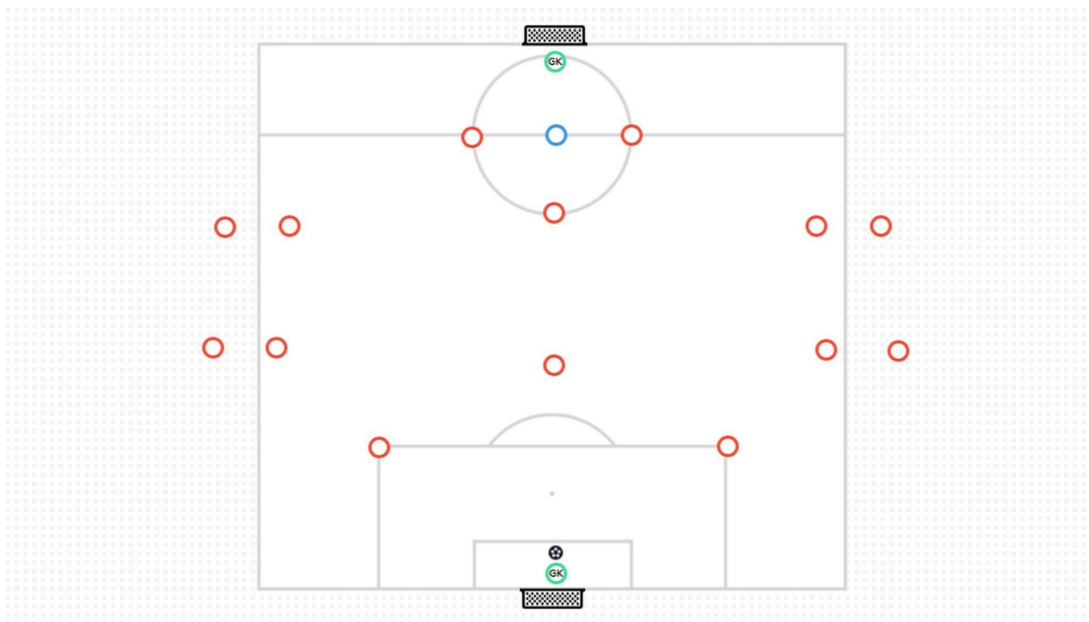
When the defending team wins the ball, they **transition**.

Teams are rotated out every 3 minutes or so.

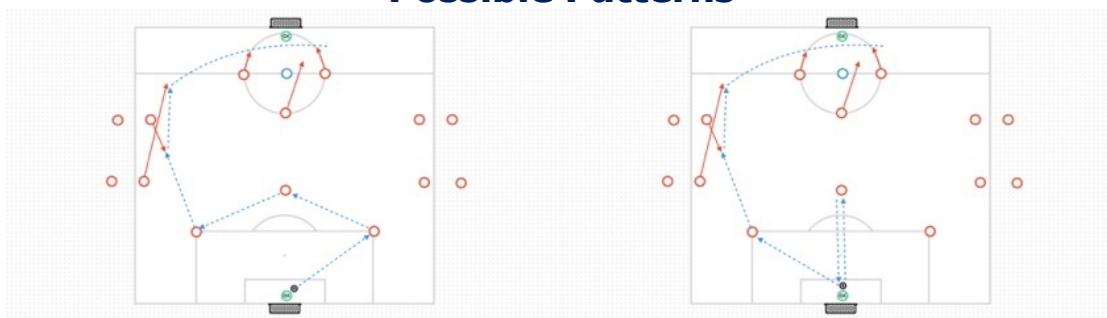
**Penetration**, not circulation, is the main objective of this activity.

### **Coaching Points:**

- Fix the structure (**width & depth**) to be able to **possess** the ball, **move the defenders** around and have **time** and **space** to **penetrate** into the next Zone.
- First look should always be **forward**, if nothing is on, then look sideways or backwards to reload play.
  - **Penetration**, not circulation, is the main objective of this activity.
  - Receiving players must be constantly **dismarking** to **receive with purpose** and allow **penetration**.
  - Force players to get comfortable with the **longer passing distances**.
- **Vary passing distances** and **tempo** to avoid pressing traps.
- **Transition**



### Possible Patterns



**Technical Activity:** Overlapping FB, 2v1 to Goal

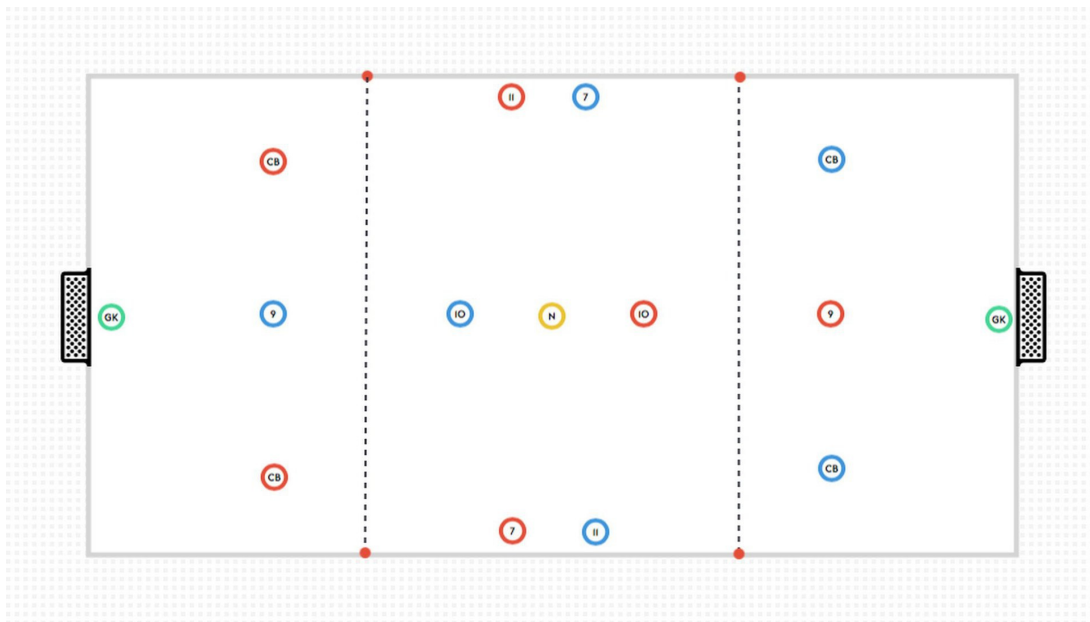
**Organization:** 2 Goals. GKs. Spare players on each station (as pictured) to provide a good work to rest ratio.

**Instruction:** GK starts the pattern. Can vary the movement, but once the ball gets to the Winger, the FB overlaps to receive the ball and cuts the ball back to the 3v1 in front of goal. Repeat the other side. Can have spare players on the stations to rotate in and out (pictured).

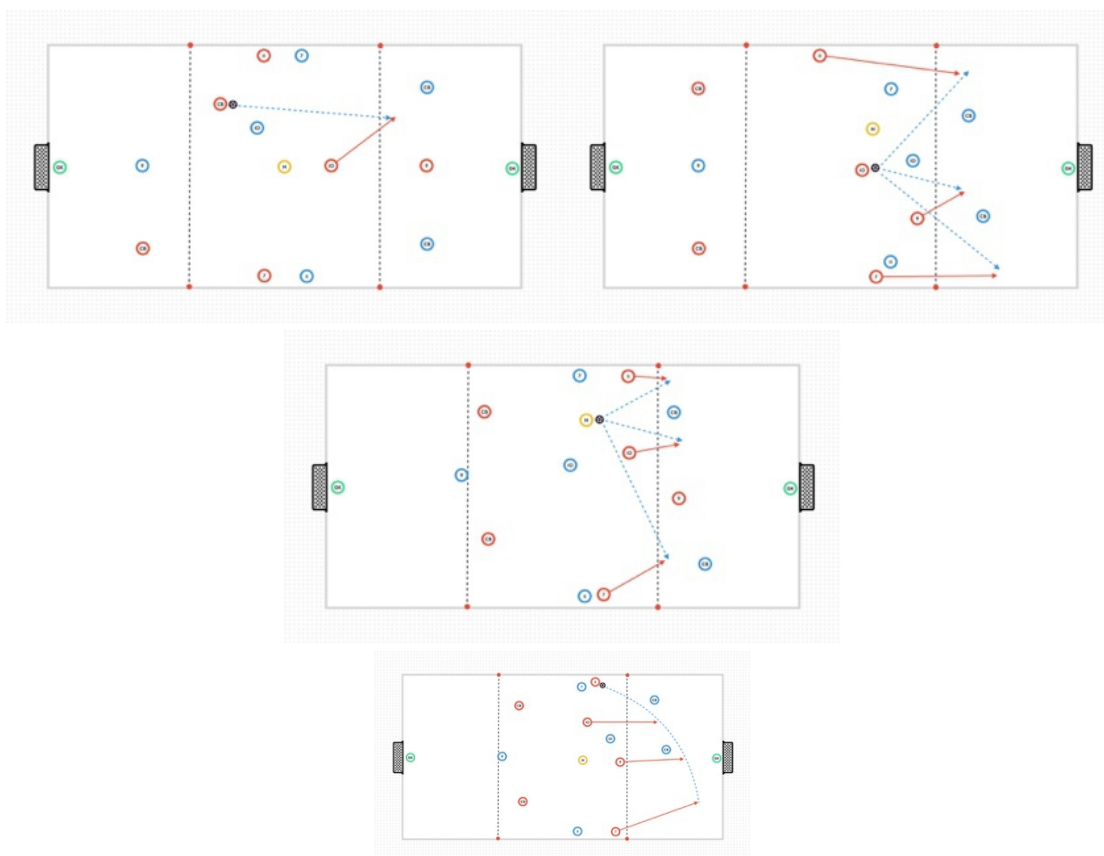
### Coaching Points:

- Coach the spatial and temporal relationship of the FB & the Winger (this is the most important part of the pattern).
- Accurate, low and fast cut back across the goal.

- 1 touch finish if possible.



**Possible Patterns**



**JdP Activity:** End Zone Game Timing of Runs and Passes.

**Organization:** End Zone Activity. 2 big goals. 6v6/7v7+1 game.

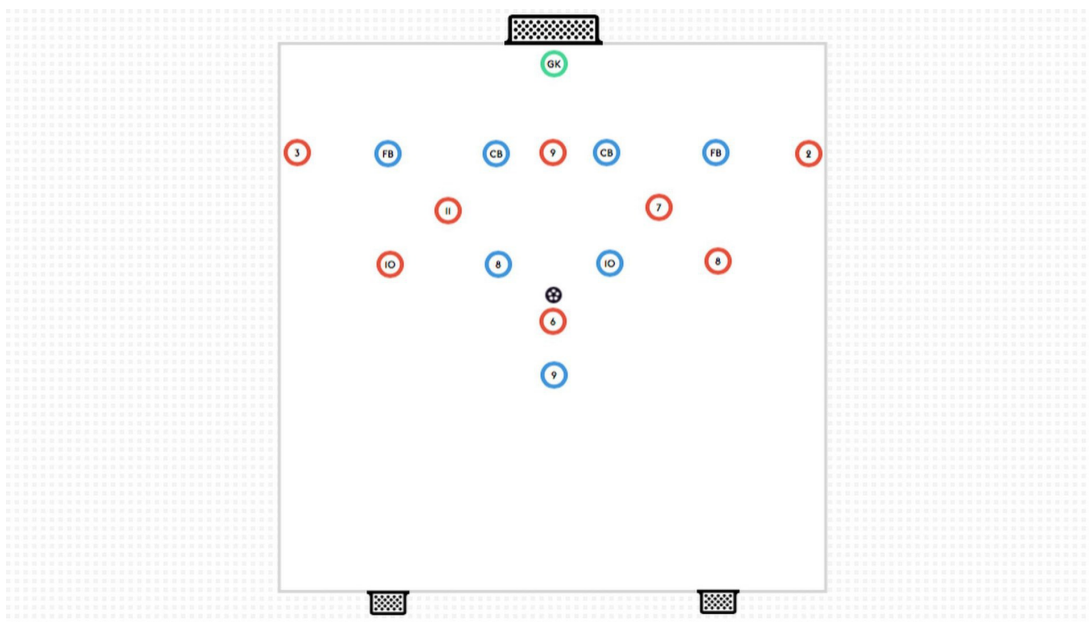
**Instruction:** **1 Point** for a regular goal. **5 Points** for a goal from a cross or through ball into the End Zone.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

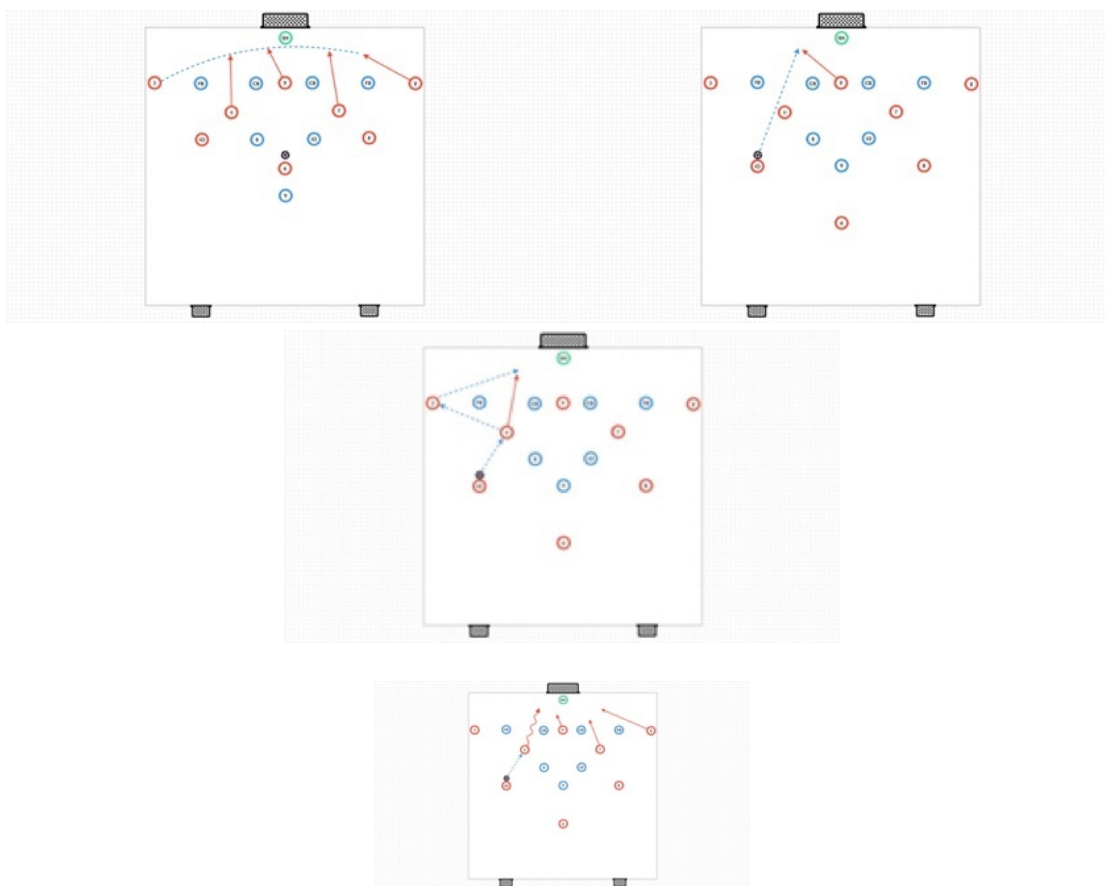
- Fix the structure (**width & depth**) to pull the defense apart & create gaps for the runners to burst through.
- First look should be **forward**.
- **Temporal** and **spatial** relationship between **passer** and **receiver** to **time** the **run** and the **pass**.
  - **Double Movements** drag the defender out and then to get in to the End Zone.
- **Cues** for forward runs from **wide, midfield** and '**#9**' when a midfielder receives the ball on the turn;



- They should now burst through to get into positions to receive in the End Zone.
- **Diagonal runs** in behind players (**going dark**) increase the success of connecting with a through ball.
- Coach the **timing of runs** from deep.
  - **Bend runs** to maintain momentum.
- **Aggressive runs into the End Zone** cause panic and provide time and space for the player on the ball.
  - Crosses should be **whipped across the 'box' fast and low, bending away from the GK** to provide maximum opportunity for multiple attackers to connect with it.



**Possible Patterns**



**Coached Game:** Penetrating into the Final Third.

**Organization:** Numbers-up Game to goal with two counter goals.

**Instruction:** Game is live but work primarily with the focus team and the players that would normally be in those positions. Regular game.

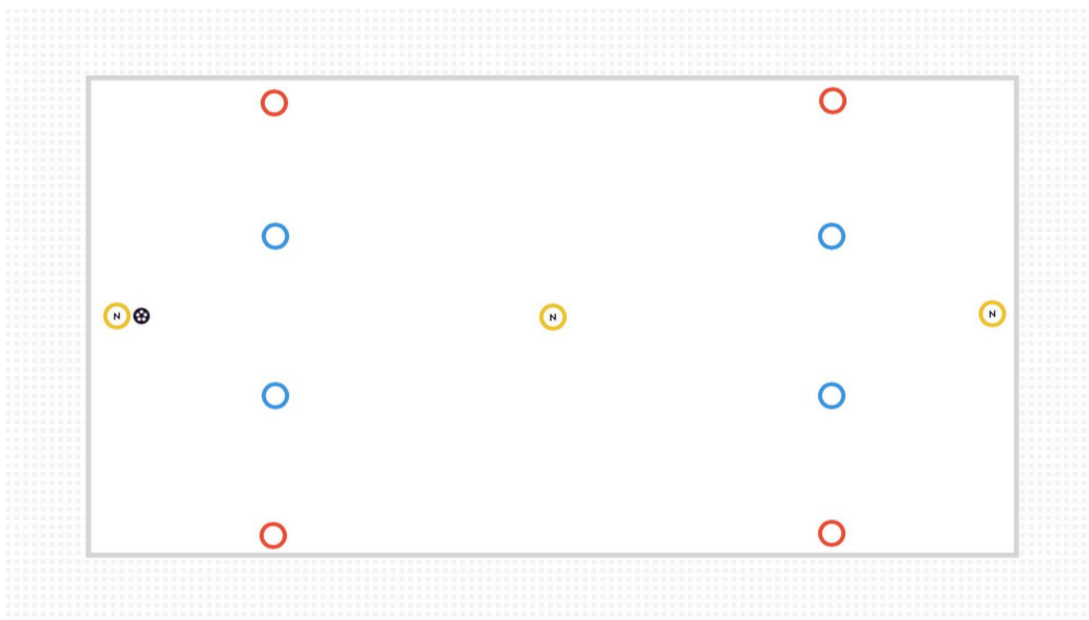
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to be able to **possess** the ball, **move the defenders** around and have **time** and **space** to **penetrate** into the next Zone.
  - **Exploit the Half spaces**
  - **Exploit Zone 14**
- First look should always be **forward**, if nothing is on, then look sideways or backwards to reload play.

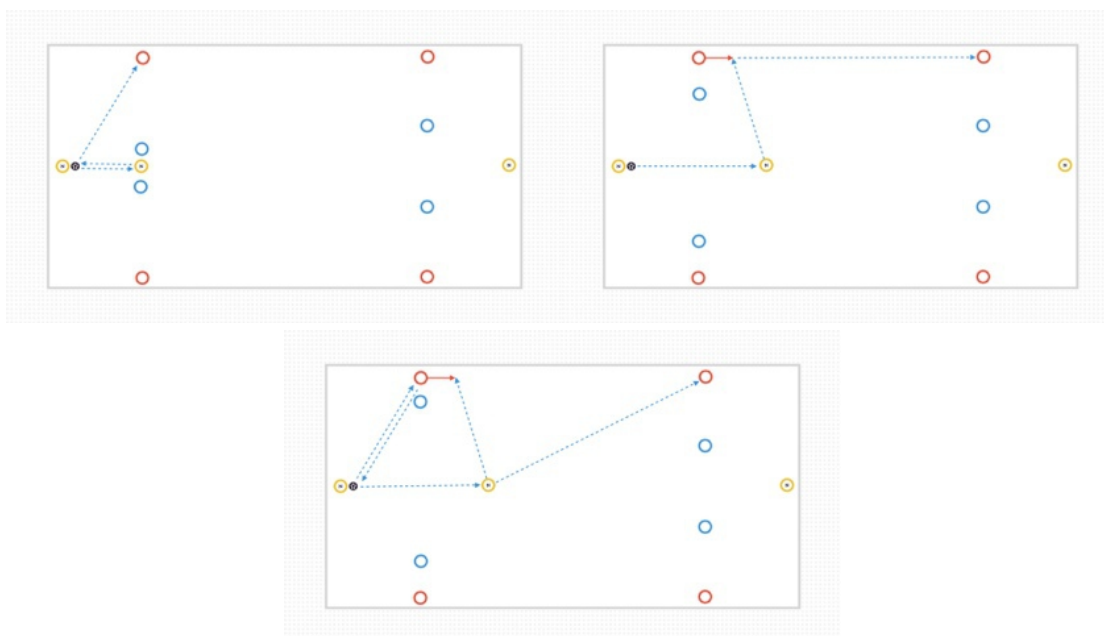
- **Penetration**, not circulation, is the main objective of this activity.
  - Off the ball, penetrating movements to get in behind the defense.
- Receiving players must be constantly **dismarking** to **receive with purpose** and allow **penetration**.
- **Vary passing distances** and **tempo** to avoid pressing traps.
- **Transition**
  - Negative - should be fast and aggressive.
- Positive – can be to quickly play forward, or if nothing on, recycle the ball, probe and circulate.

## Session: Penetrating in to the Attacking Third

### 4 - Runs from Deep.



**Possible Patterns**



## Warm Up: 4v4+3 Rondo

**Organization:** 4v4+3. If coach has big numbers, then add neutrals.

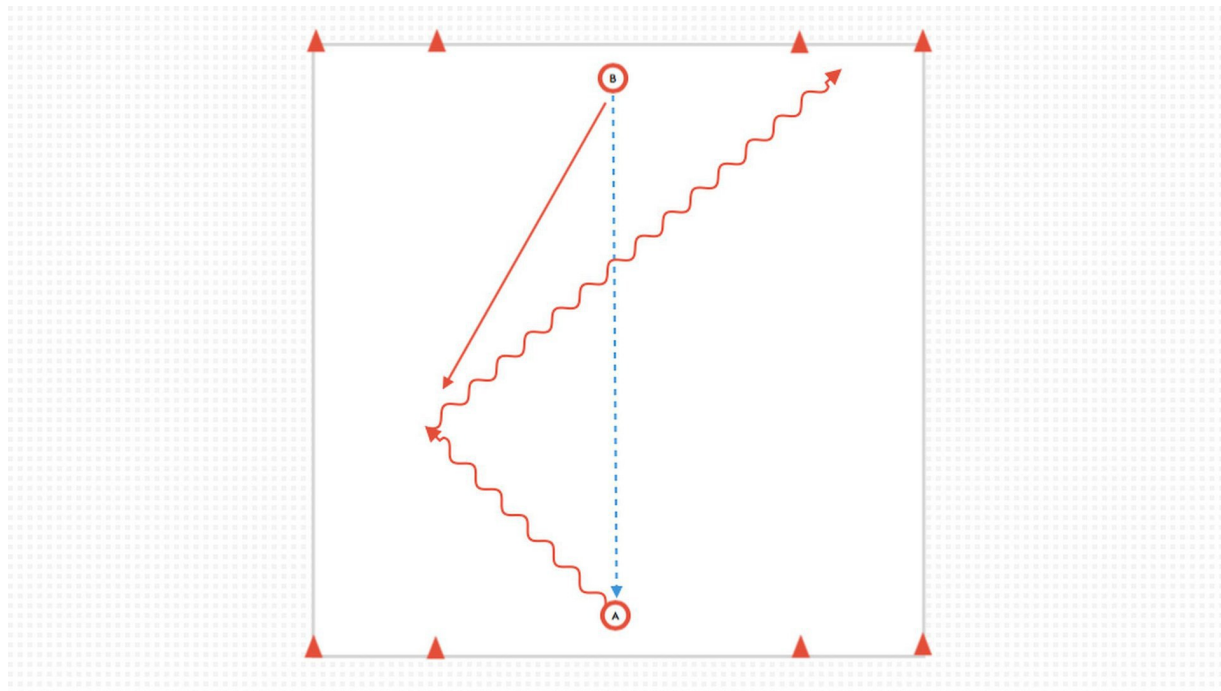
**Instruction:** The neutrals (yellows) play with possession. Possessing team can only move up and down their line (apart from the #6). Defending team can go anywhere. Both teams manage the transitional moments in the game (**the game never stops**), so when the defending team win the ball they must maintain possession whilst they adopt their attacking shape (on the lines as pictured) and the defending team must come in (off their lines) and try to win the ball (and vice versa).

**Video** <https://www.youtube.com/watch?v=vjHC36vAdDo>

## Coaching Points:

- Fix the structure. Walk the players through some of the above variations the first few times.
- Coach the **when and why of back vs front foot** receiving.
- Coach the positional supporting roles, responsibilities and relationships of players to each other;

- **attracting defenders to the ball to create space elsewhere** (false touches if needed).
- **#6 constantly supporting play** & tries to receive in **behind the lines of pressure**.
- depth of wide players (FBs/Wingers) **moving up & down the line** to support the ball depending upon where the **defender, ball and teammates all are**.
- When #6 receives the ball, that's the cues for FBs/Wingers to get ahead of the ball.
- **First look should be forward to penetrate**, if it is not on, then maintain possession to **circulate and probe** for another opening.
- Coach Third Man Movements (**#6 setting the ball back** to the supporting wide players).
- Coach technical aspects like speed of play, back v front foot receiving & weight of pass etc.



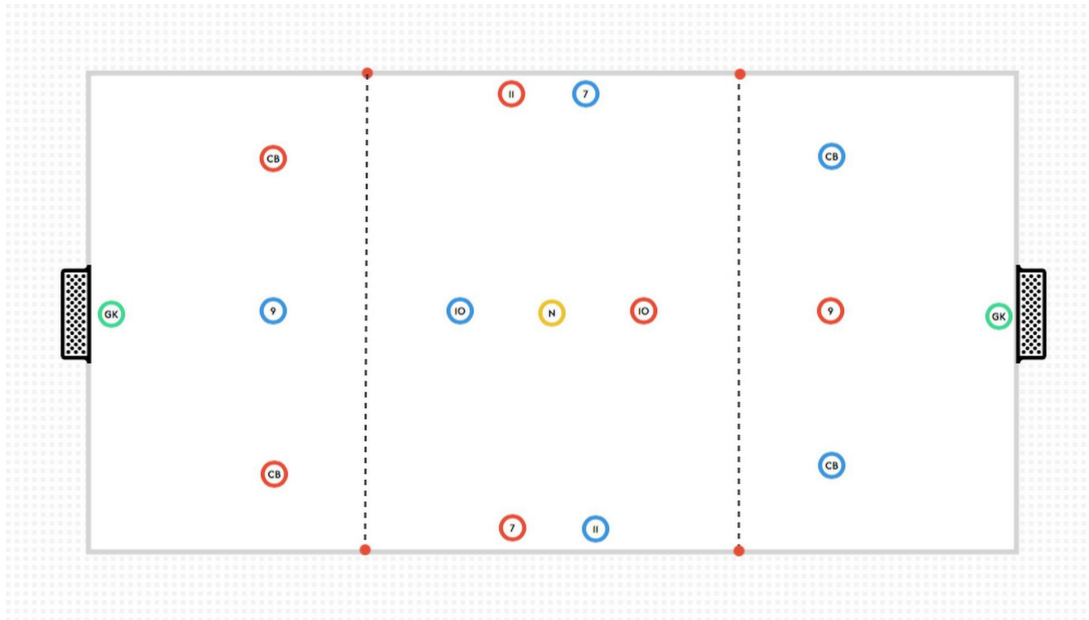
**Technical Activity:** 1v1

**Organization:** 4 'counter goals'.

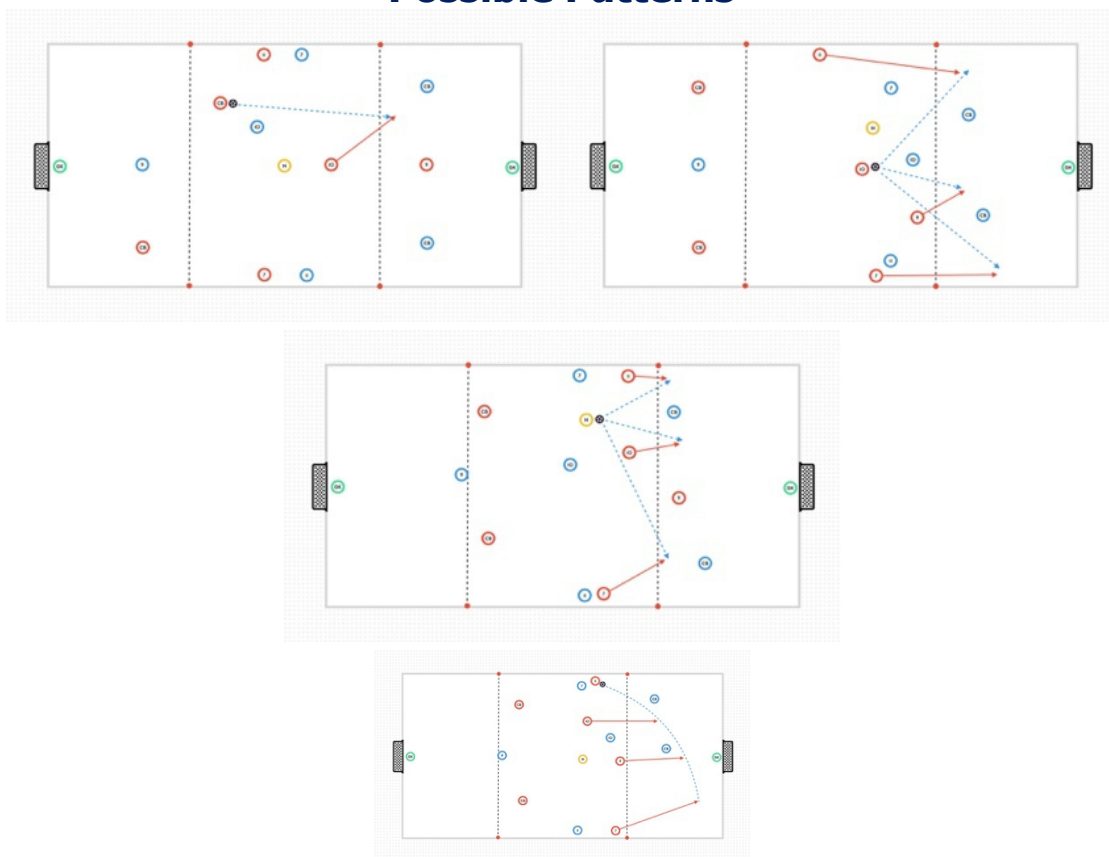
**Instruction:** Player B serves to Player A who now go 1v1 against each other. Players change lines. Can add GKs and goals or can have the emphasis be on dribbling through gates to score.

## **Coaching Points**

- **Energetic, aggressive and fast paced game.**
- Good first touch to **win the space** from the defender (difficult to generate momentum from a standing start).
- **Unbalance the defender** with a feint, body movement, skill or acceleration.
  - **Speed kills.** It is easier to unbalance a defender when travelling at speed.
- Talk about the 3 Es (**Entry/Execution/Exit**);
  - Big Ronaldo touches to win the space (Entry).
  - Little Messi touches whilst engaging the defender to maintain control of the ball (Execution).
  - Big Ronaldo touches to put separation between you and defender (Exit).
- Take them on! Back yourself! Go at them! Be confident! Beat them!
- Coach both **transitional** moments.
- **Opposition Management** - coach the defender to be aggressive, win the space and use the touch line to help them.



## Possible Patterns



**JdP Activity:** End Zone Game Timing of Runs and Passes.

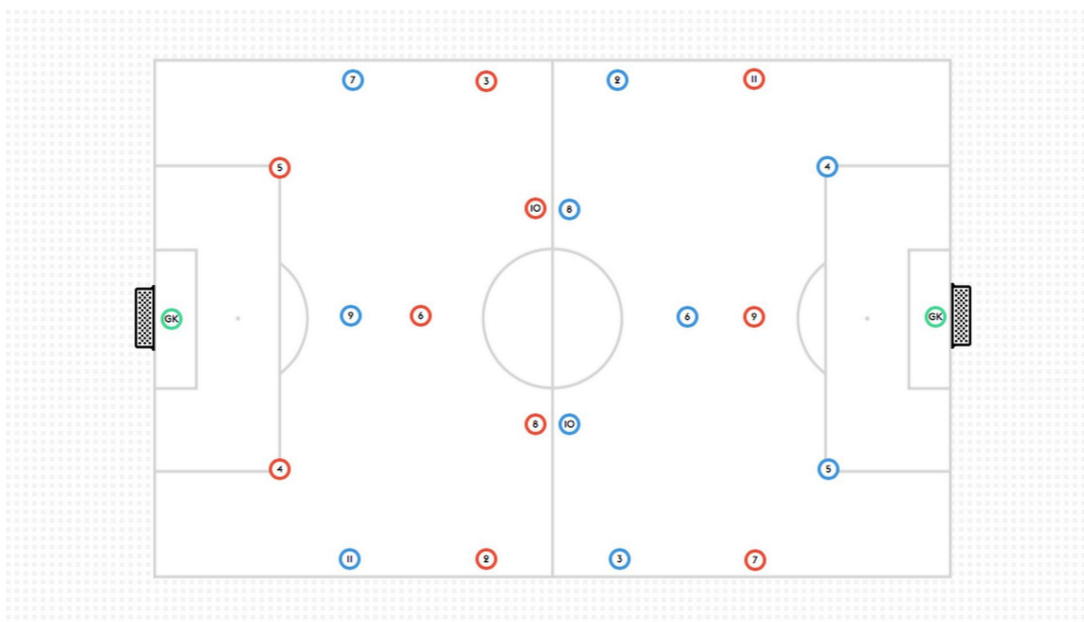
**Organization:** End Zone Activity. 2 big goals. 6v6/7v7+1 game.

**Instruction: 1 Point** for a regular goal. **5 Points** for a goal from a **cross or through ball into the End Zone.**

**Coaching Points:** Take 60 seconds to model the above **solutions.**

- Fix the structure (**width & depth**) to pull the defense apart & create gaps for the runners to burst through.
- First look should be **forward.**
- **Temporal** and **spatial** relationship between **passer** and **receiver** to **time** the **run** and the **pass.**
  - **Double Movements** drag the defender out and then to get in to the End Zone.
- **Cues** for forward runs from **wide, midfield** and '**#9**' when a midfielder receives the ball on the turn;
  - They should now burst through to get into positions to receive in the End Zone.
- **Diagonal runs** in behind players (**going dark**) increase the success of connecting with a through ball.
- Coach the **timing of runs** from deep.
  - **Bend runs** to maintain momentum.
- **Aggressive runs into the End Zone** cause panic and provide time and space for the player on the ball.
- Crosses should be **whipped across the 'box' fast and low, bending away from the GK** to provide maximum opportunity for multiple attackers to connect with it.





## Final Activity: Coached Game

**Organization:** Regular game. Neutrals 'cheat' the numbers up to 9v9/11v11.

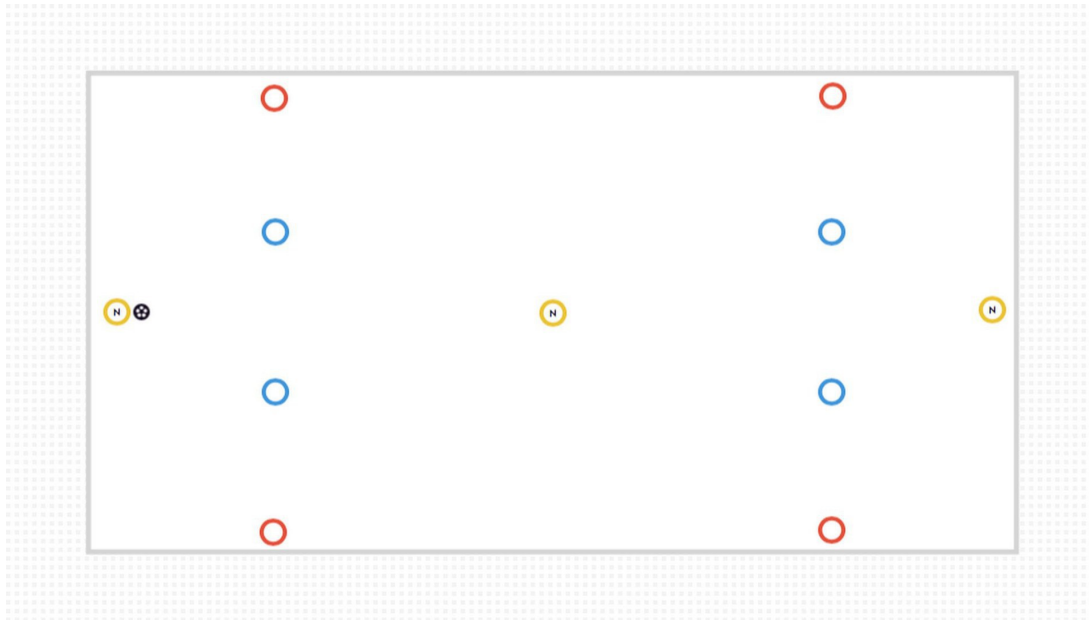
**Instruction:** Coach the topic, but this game should also serve as a mechanism to coach the **overriding principles of the Game Model**.

## Coaching Points

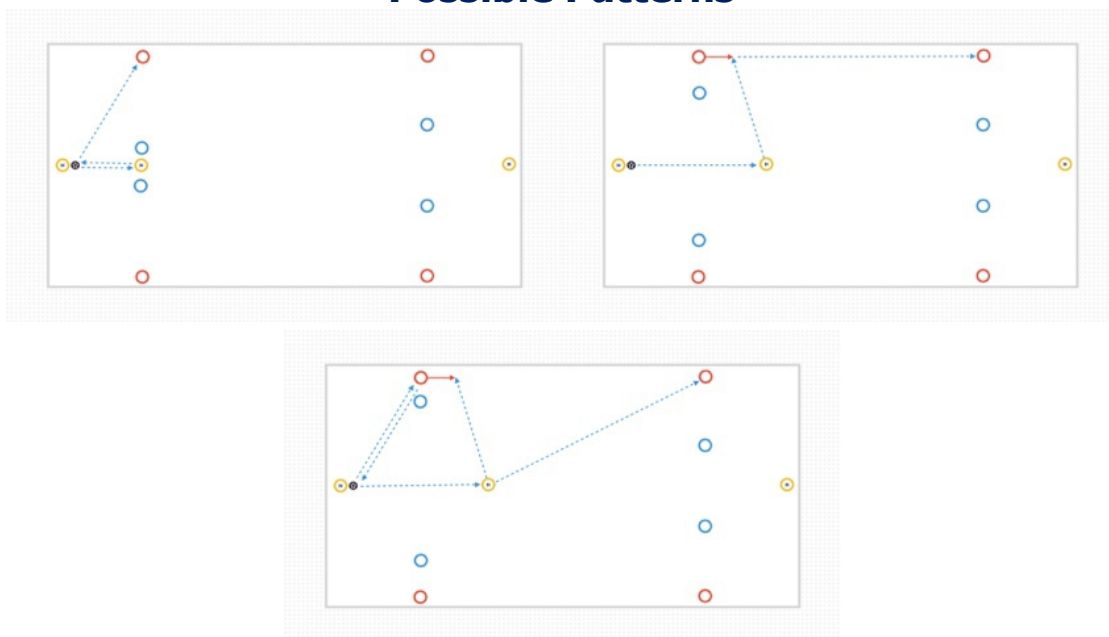
- **Width & depth** to allow players to receive the ball with time & space (**Positional Superiority**).
  - Ensure **offensive depth under the ball** to be able to **play backwards** when penetration is not on.
- **Timing of runs, double movements & Give & Go** to **receive in behind lines of pressure**.
- CBs, FBs & #6 to **bring the ball out** in accordance with the **Game Model Principles**.
- First look should always be forward to penetrate. If not possible, then **circulate & probe**.
  - Penetrating **dribbles, runs and passes** using the End Zone as an **offside line**.

- Can incentivize penetrating runs and passes into the End Zone with double points.
- **Circulate & Probe (horizontally & vertically)** moving the **defensive block around** to **penetrate**.
- Coach the movement of the receiving players to **dismark** and be able to **receive with purpose**.
- **Receive with purpose** – receive across the body on the back foot, orientate the receiver's body correctly.
- When the **#6 receives the ball**, he should have **support and width** from the **FB level or ahead** of him.
- Coach **high and overlapping Fullbacks**;
  - When this happens, the **Winger must invert** to **overload midfield**.
  - When the ball is in the **offensive half**, the **FB and Winger cannot** be in the **same 'channel'**.
- As the **#8/10** are **receiving the ball**, this is a **trigger** for **wide players (Wingers or Fullbacks)** to be **ahead** of the ball.
- Coach the **switching** of play (**overload to isolate**) and **when and how to recognize** this;
  - As the ball is being played on the **strong side**, there must always be a **Free Man** on the **weak side**.
- Goals do not count unless **all players**, except the GK, **are up over the half way line**.
- **Instant transition** (both ways) when the ball is **turned over**.

## **Session: Occupying & Using the Half Spaces.**



## Possible Patterns



## Warm Up: 4v4+3 Rondo

**Organization:** 4v4+3. If coach has big numbers, then add neutrals.

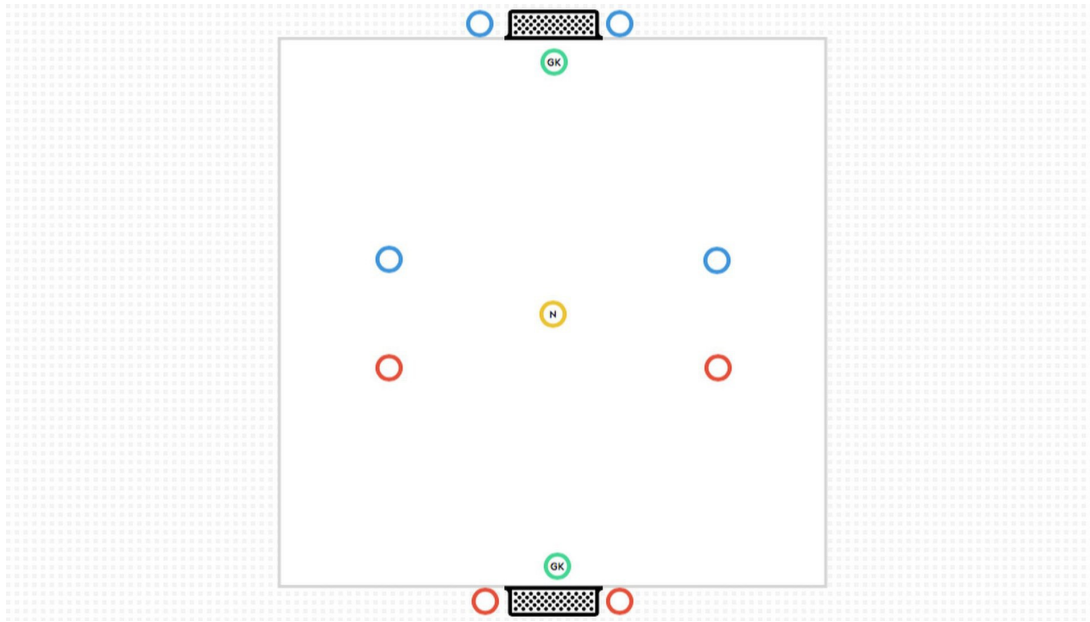
**Instruction:** The neutrals (yellows) play with possession. Possessing team can only move up and down their line (apart from the #6). Defending team can go anywhere. Both teams manage the transitional moments in the game (**the game never stops**), so

when the defending team win the ball they must maintain possession whilst they adopt their attacking shape (on the lines as pictured) and the defending team must come in (off their lines) and try to win the ball (and vice versa).

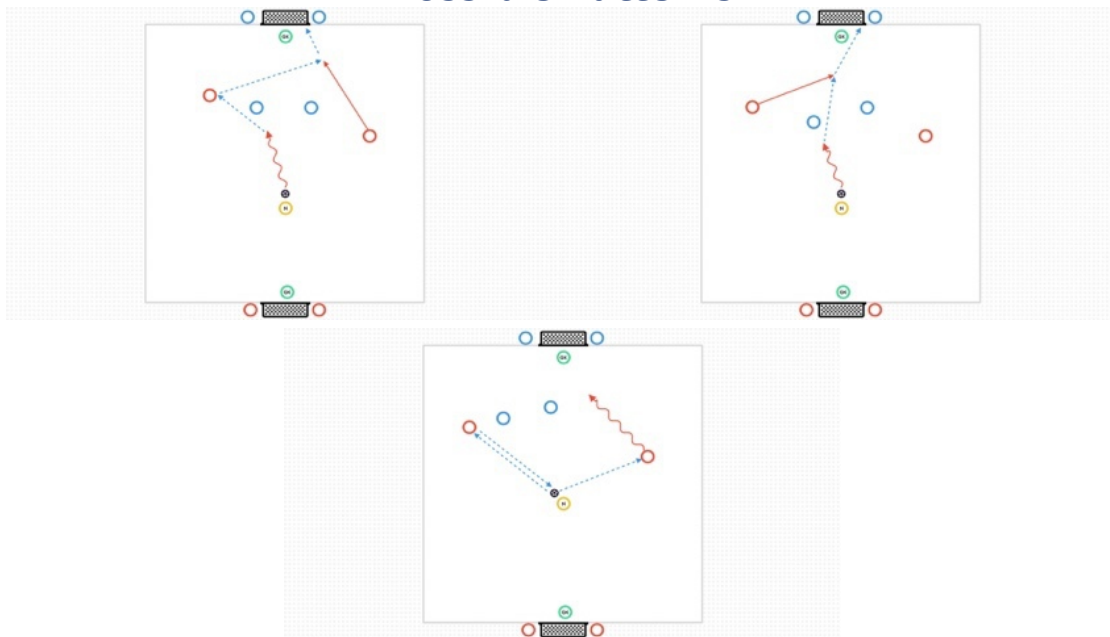
**Video** <https://www.youtube.com/watch?v=vjHC36vAdDo>

### **Coaching Points:**

- Fix the structure. Walk the players through some of the above variations the first few times.
- Coach the **when and why of back vs front foot** receiving.
- Coach the positional supporting roles, responsibilities and relationships of players to each other;
  - **attracting defenders to the ball to create space elsewhere** (false touches if needed).
  - **#6 constantly supporting play** & tries to receive in **behind the lines of pressure**.
  - depth of wide players (FBs/Wingers) **moving up & down the line** to support the ball depending upon where the **defender, ball and teammates all are**.
  - When #6 receives the ball, that's the cues for FBs/Wingers to get ahead of the ball.
- **First look should be forward to penetrate**, if it is not on, then maintain possession to **circulate and probe** for another opening.
- Coach Third Man Movements (**#6 setting the ball back** to the supporting wide players).
- Coach technical aspects like speed of play, back v front foot receiving & weight of pass etc.



### Possible Patterns



**Technical Activity:** 2v2+1 Flying Changes.

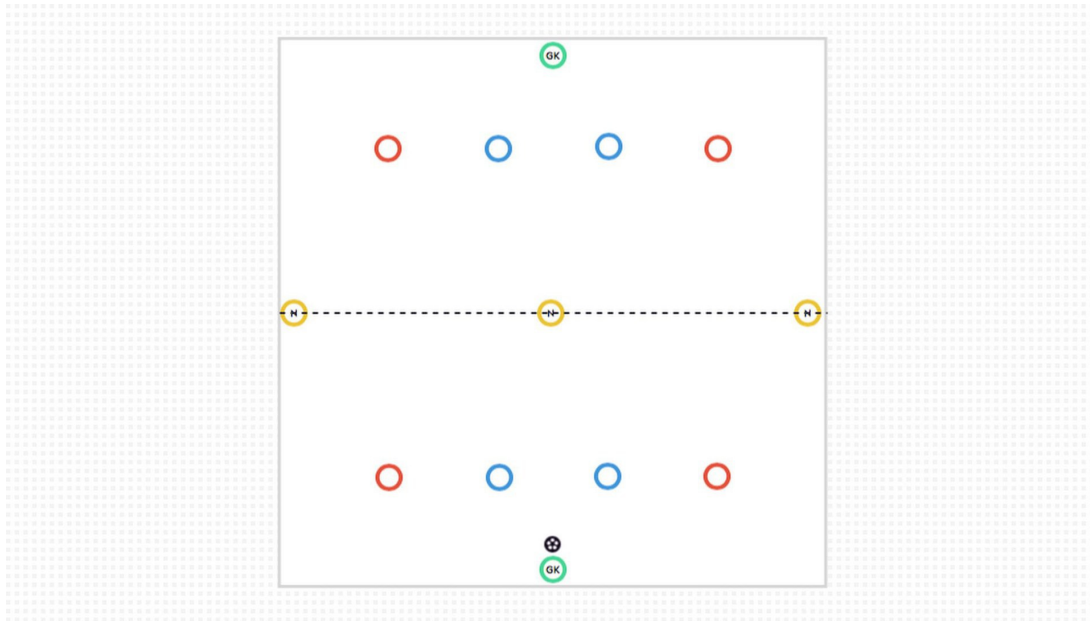
**Organization:** 2v2+1 JdP Game. Fairly tight grid, approx. 25\*20 meters.

**Instruction:** Red plays against Blue. **Yellow Neutral plays with possession.** When the possessing team score they stay on, go back and get another ball from the GK. The opposition defenders leave

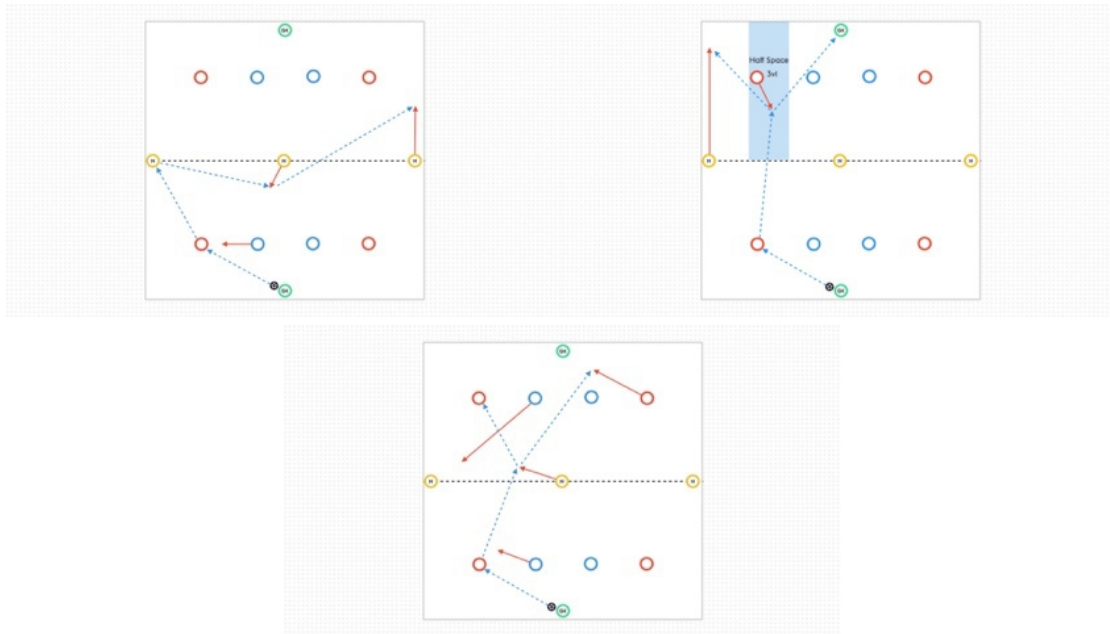
and a new set come on. If the possessing team don't score, they leave the field and the defenders go back to their GK and get a ball and start play against two new defenders.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Bring the ball up quickly to **win the space from the defenders**.
- Fix the structure (**width and depth**) to stretch the defense out.
  - Start with the **classic 3v2 shape**.
  - Wingers start wide but **quickly lose their width** as they approach goal.
- Wingers take on defenders 1v1 and go to goal or cut the ball back across the goal.
- To **penetrate** in behind players must be coached to;
  - **Double Movement**.
  - **Aggressive diagonal runs in behind**.
  - **Through Balls**.
  - **1v1**.
  - **Give and Goes**.
  - **Spatial and Temporal relationship between passer and runner**.
- If penetration isn't on, then circulate and probe to search for and create an opening. Don't be rushed in to making bad decisions (temporizar).



## Possible Patterns



**Final Activity:** JdP Activity: 4v4+5

**Organization:** 4v4+5.

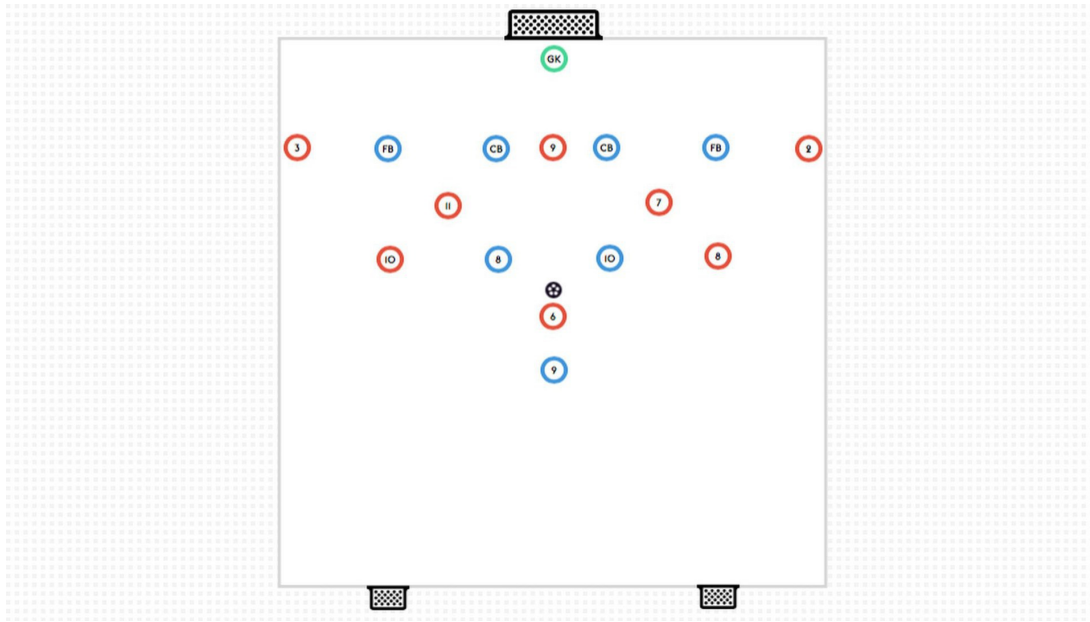
**Instruction:** Red v Blue. The two attacking players **can only** receive the ball in the **attacking half**. They must not enter the defensive half. Same for both teams. **The objective is to**

**penetrate by passing the ball into the attacking players** and then for that team to score by passing into the Targets.

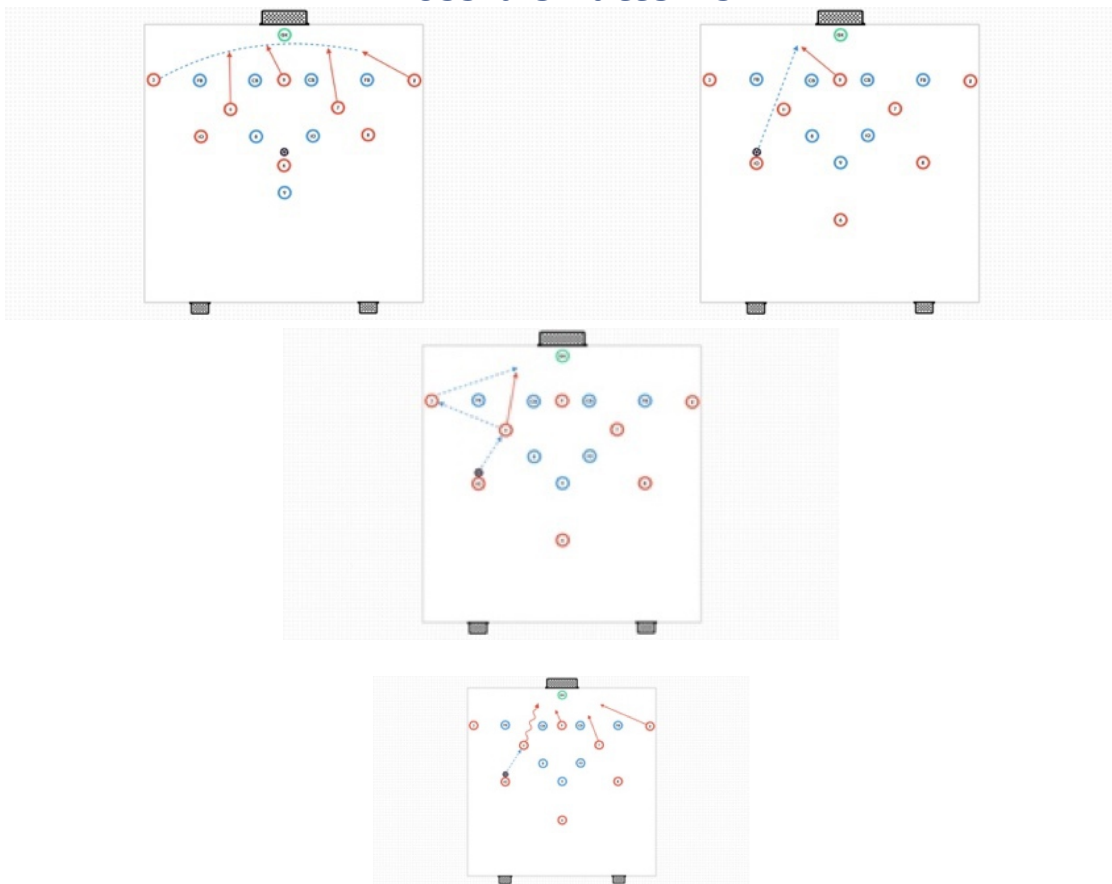
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
  - In particular the FBs help create space in the Half Spaces by fixing the defense.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to a #8/#10,
  - Create Numerical & Positional Superiority by attracting players to the ball, out wide, to **create space to be able to penetrate centrally**.
- **Coach the movement** of the two attacking players to occupy the Half Spaces.;
  - **Dismark** and be able to receive the ball relatively pressure free
  - **Receive with purpose** and the correct body orientation (on the half turn).
- Coach the movement of the **FBs**
  - As the ball is played into the two attacking players that is a **cue** for the them to get **ahead** of the ball to support.
  - **Passes should trigger runs** – The pass to the attacking players should trigger the runs of the FBs & this should be a **common and often seen behavior** both in the practice sessions and the game.
- Isolate 2v1/3v1 in the Half Space with the wide neutral.
- Coach **Third Man Movements**.
- The diagonal runs in behind (going dark) of pressing defenders is key to penetrating and breaking lines of pressure.





## Possible Patterns



**Final Activity:** Penetrating into the Final Third.

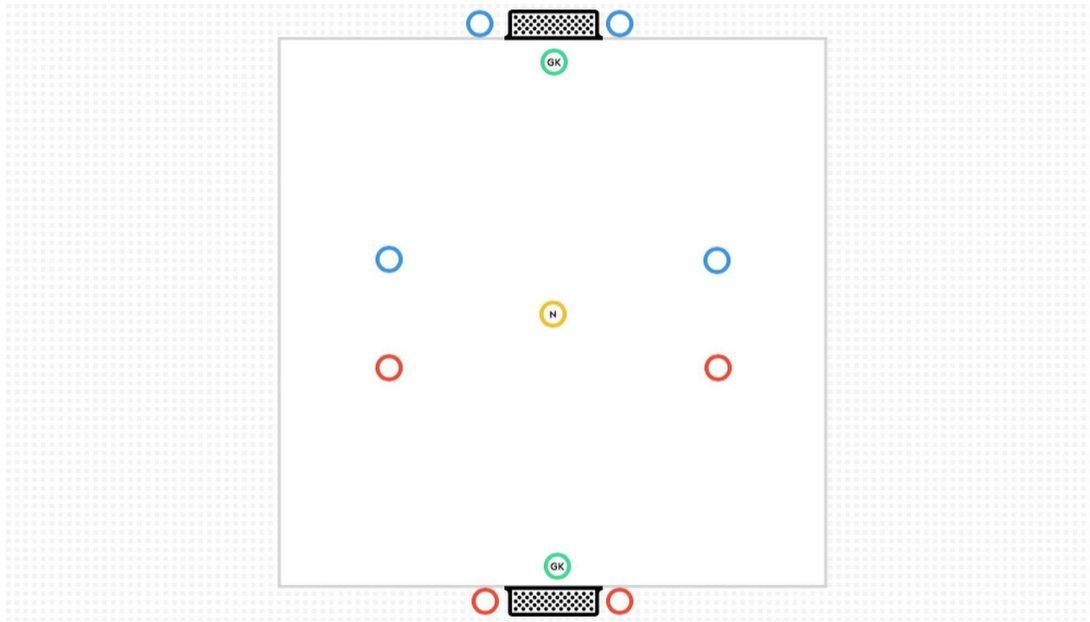
**Organization:** Numbers-up Game to goal with two counter goals.

**Instruction:** Game is live but work primarily with the focus team and the players that would normally be in those positions. Regular game.

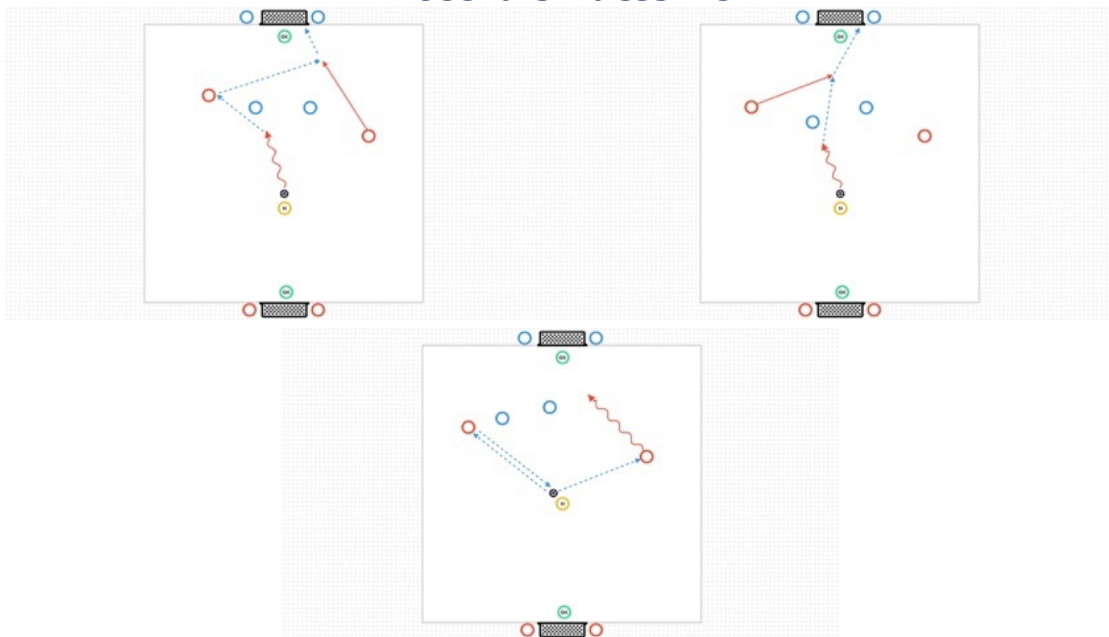
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to be able to **possess** the ball, **move the defenders** around and have **time** and **space** to **penetrate** into the next Zone.
- **Exploit the Half spaces**
  - Isolate 2v1/3v1 out wide from the Half Space.
- First look should always be **forward**, if nothing is on, then look sideways or backwards to reload play.
  - **Penetration**, not circulation, is the main objective of this activity.
    - Off the ball, penetrating movements to get in behind the defense.
  - Receiving players must be constantly **dismarking** to **receive with purpose** and allow **penetration**.
- **Vary passing distances** and **tempo** to avoid pressing traps.
- **Transition**
  - Negative - should be fast and aggressive.
  - Positive – can be to quickly play forward, or if nothing on, recycle the ball, probe and circulate.

## **Session: Attacking from Wide Part 1**



## Possible Patterns



**Technical Activity:** 2v2+1 Flying Changes.

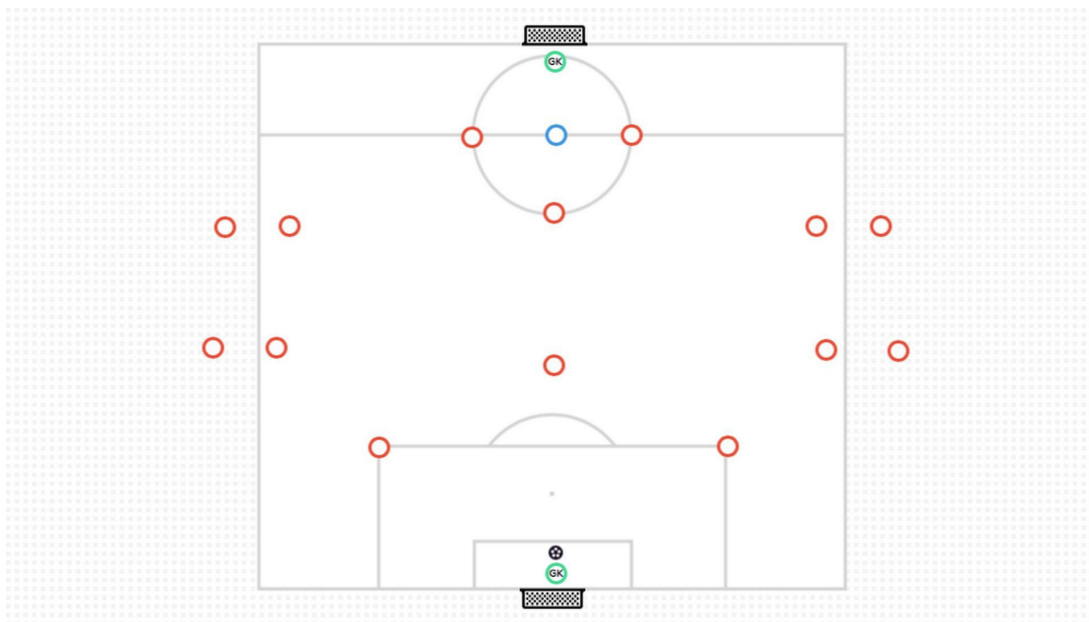
**Organization:** 2v2+1 JdP Game. Fairly tight grid, approx. 25\*20 meters.

**Instruction:** Red plays against Blue. **Yellow Neutral plays with possession.** When the possessing team score they stay on, go back and get another ball from the GK. The opposition defenders leave

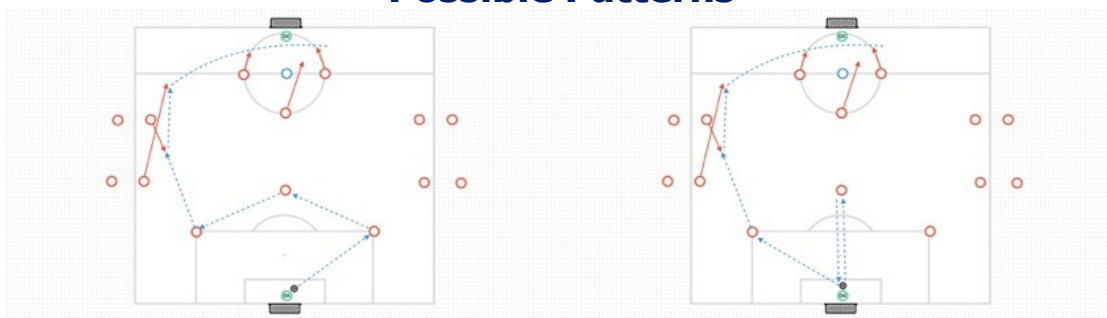
and a new set come on. If the possessing team don't score, they leave the field and the defenders go back to their GK and get a ball and start play against two new defenders.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Bring the ball up quickly to **win the space from the defenders**.
- Fix the structure (**width and depth**) to stretch the defense out.
  - Start with the **classic 3v2 shape**.
  - Wingers start wide but **quickly lose their width** as they approach goal.
- Wingers take on defenders 1v1 and go to goal or cut the ball back across the goal.
- To **penetrate** in behind players must be coached to;
  - **Double Movement**.
  - **Aggressive diagonal runs in behind**.
  - **Through Balls**.
  - **1v1/2v1**.
  - **Give and Goes**.
  - **Spatial and Temporal relationship** between passer and runner.
  - If penetration isn't on, then circulate and probe to search for and create an opening. Don't be rushed in to making bad decisions (temporizar).



### Possible Patterns



**Technical Activity:** Overlapping FB to Goal

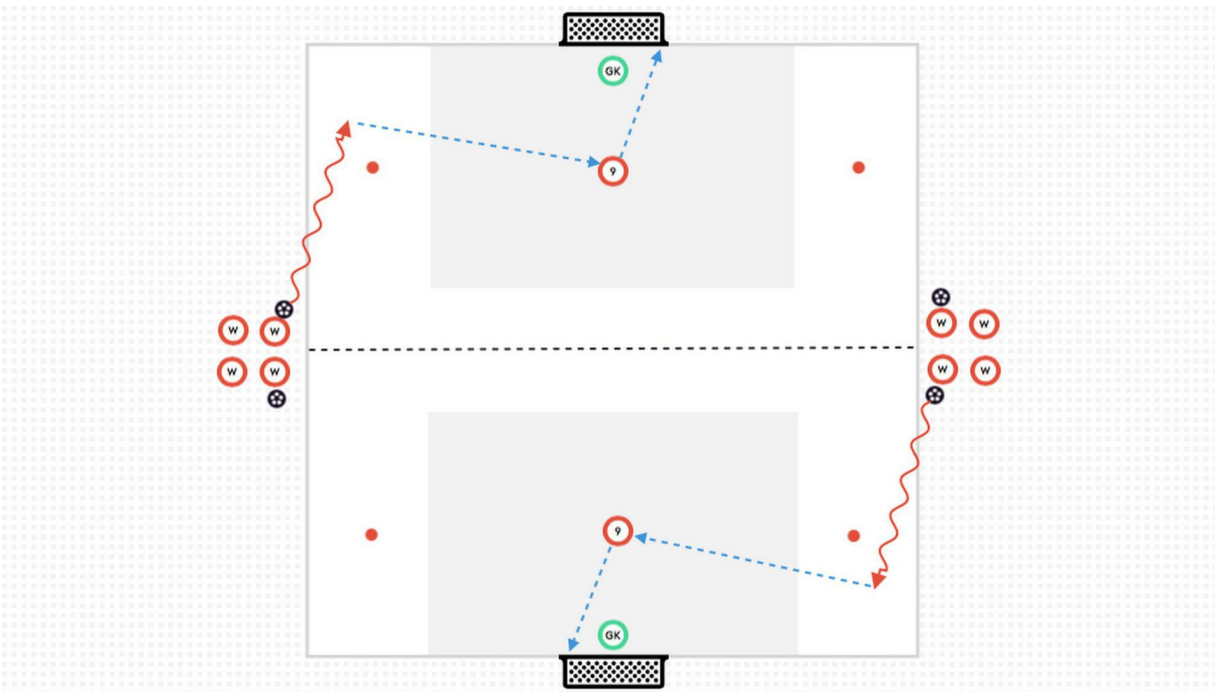
**Organization:** 2 Goals. GKs. Spare players on each station (as pictured) to provide a good work to rest ratio.

**Instruction:** GK starts the pattern. Can vary the movement, but once the ball gets to the Winger, the FB overlaps to receive the ball and cuts the ball back to the 3v1 in front of goal. Repeat the other side. Can have spare players on the stations to rotate in and out (pictured).

**Coaching Points:**

- Coach the spatial and temporal relationship of the FB & the Winger (this is the most important part of the pattern).
- Accurate, low and fast cut back across the goal.

- 1 touch finish if possible.



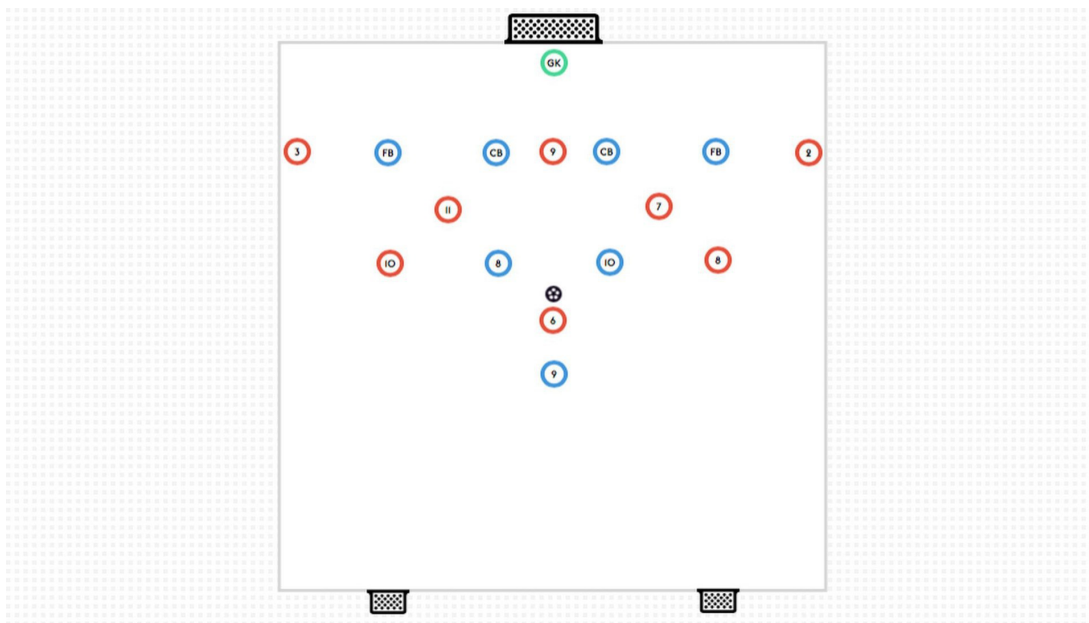
**Technical Activity:** Cutting the Ball back from Wide.

**Organization:** 2 Goals. GKs. Spare players on each station (as pictured) to provide a good work to rest ratio. Strikers. Can add defenders.

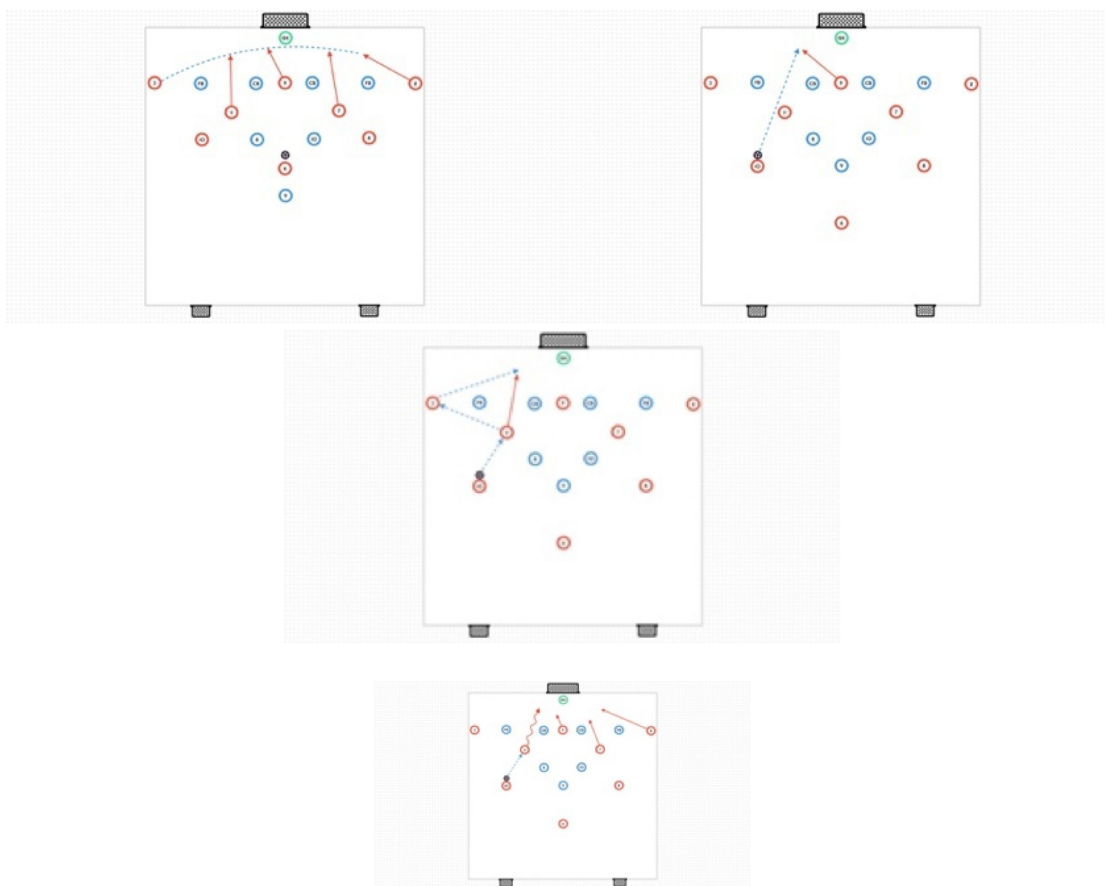
**Instruction:** Winger dribbles out and cuts the ball back to the striker to finish. Players grab their ball and join the back of the other line.

**Coaching Points:**

- Realistic/game temp dribble out and cut back.
- Fizz the cut back in to the player low and fast.
- Try and place the cut back pass into the striker's stride
- Movements of striker to dismark (if there is a defender)



**Possible Patterns**



**Final Activity:** Penetrating into the Final Third.

**Organization:** Numbers-up Game to goal with two counter goals.

**Instruction:** Game is live but work primarily with the focus team and the players that would normally be in those positions. Regular game.

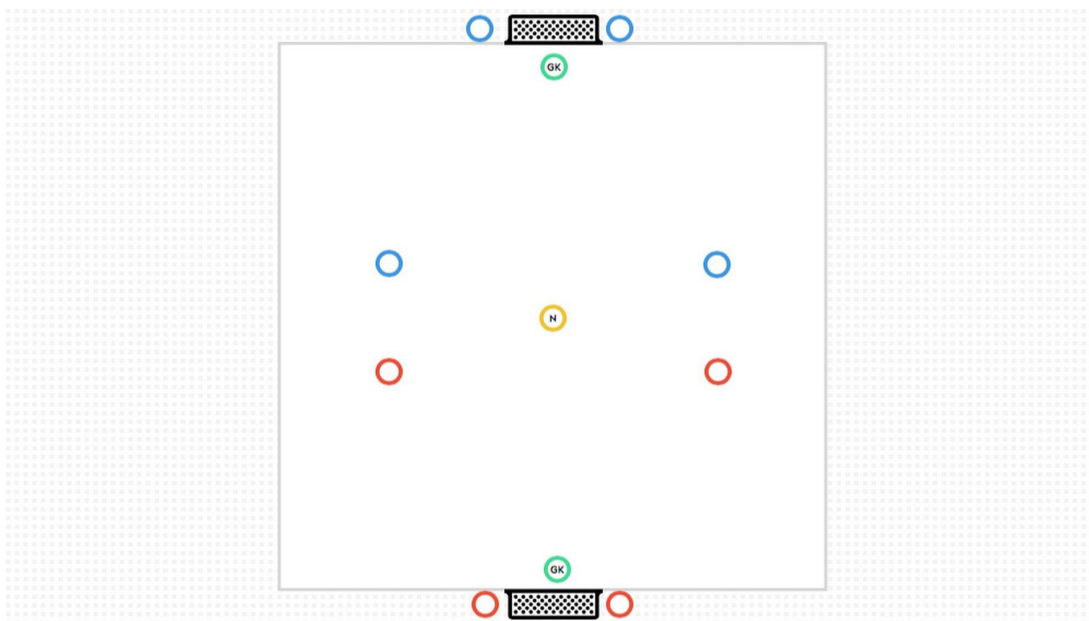
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to be able to **possess** the ball, **move the defenders** around and have **time** and **space** to **penetrate** into the next Zone.
  - **Exploit the Half spaces**
  - **Exploit Zone 14**
- First look should always be **forward**, if nothing is on, then look sideways or backwards to reload play.

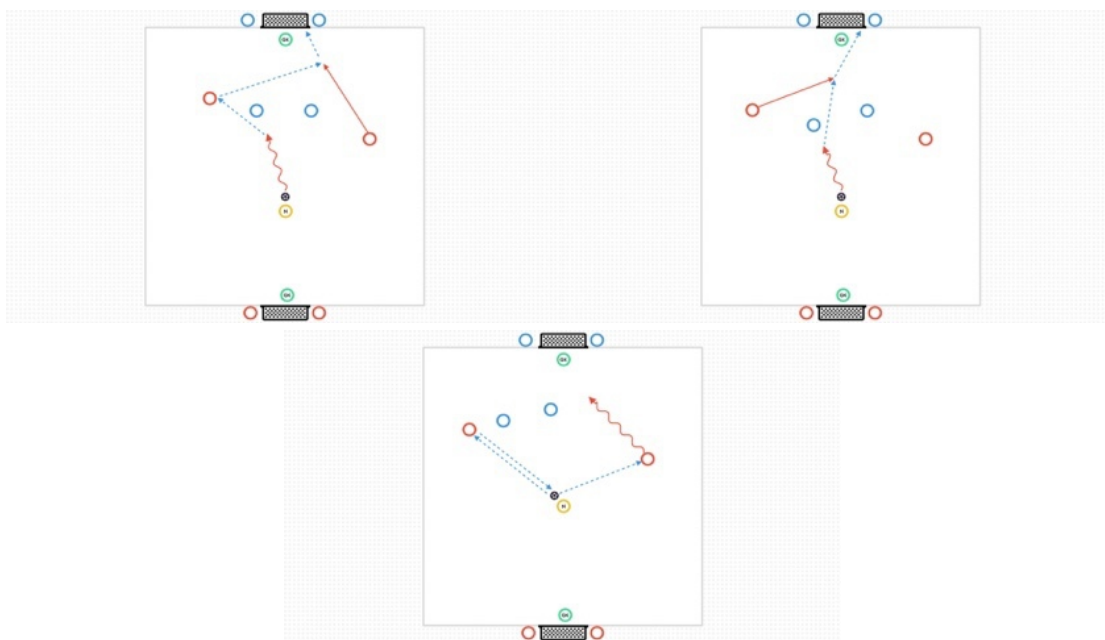


- **Penetration**, not circulation, is the main objective of this activity.
  - Off the ball, penetrating movements to get in behind the defense.
- Receiving players must be constantly **dismarking** to **receive with purpose** and allow **penetration**.
- **Vary passing distances** and **tempo** to avoid pressing traps.
- **Transition**
  - Negative - should be fast and aggressive.
  - Positive – can be to quickly play forward, or if nothing on, recycle the ball, probe and circulate.

## Session: Attacking from Wide Part 2



**Possible Patterns**



**Technical Activity:** 2v2+1 Flying Changes.

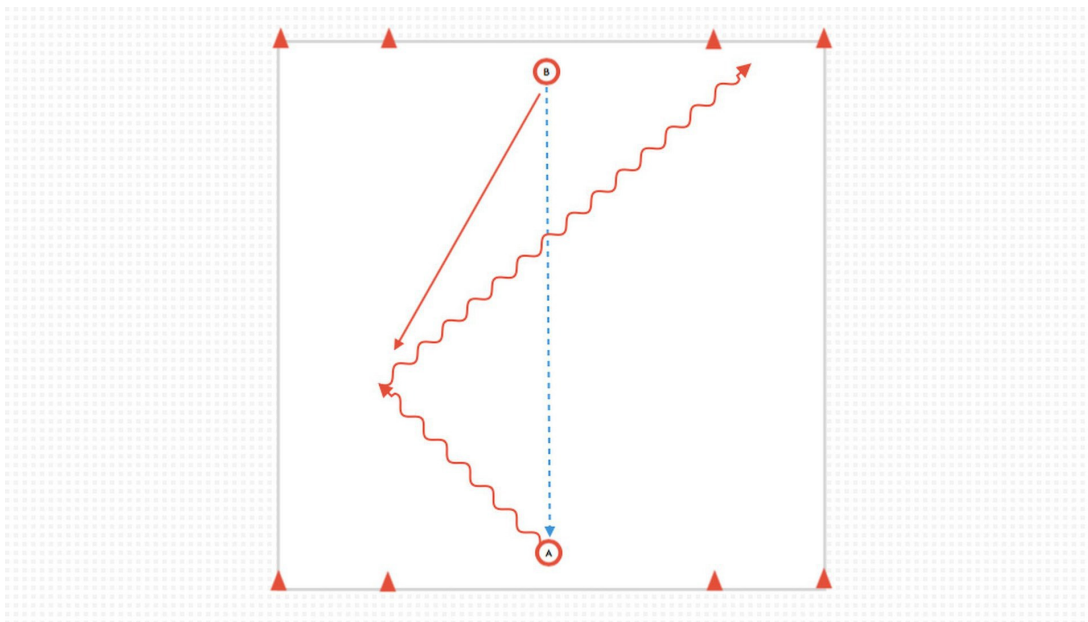
**Organization:** 2v2+1 JdP Game. Fairly tight grid, approx. 25\*20 meters.

**Instruction:** Red plays against Blue. **Yellow Neutral plays with possession.** When the possessing team score they stay on, go back and get another ball from the GK. The opposition defenders leave and a new set come on. If the possessing team don't score, they leave the field and the defenders go back to their GK and get a ball and start play against two new defenders.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Bring the ball up quickly to **win the space from the defenders**.
- Fix the structure (**width and depth**) to stretch the defense out.
  - Start with the **classic 3v2 shape**.
  - Wingers start wide but **quickly lose their width** as they approach goal.
- Wingers take on defenders 1v1 and go to goal or cut the ball back across the goal.

- To **penetrate** in behind players must be coached to;
  - **Double Movement.**
  - **Aggressive diagonal runs in behind.**
  - **Through Balls.**
  - **1v1/2v1.**
  - **Give and Goes.**
  - **Spatial and Temporal relationship** between passer and runner.
  - If penetration isn't on, then circulate and probe to search for and create an opening. Don't be rushed in to making bad decisions (temporizar).



**Technical Activity:** 1v1

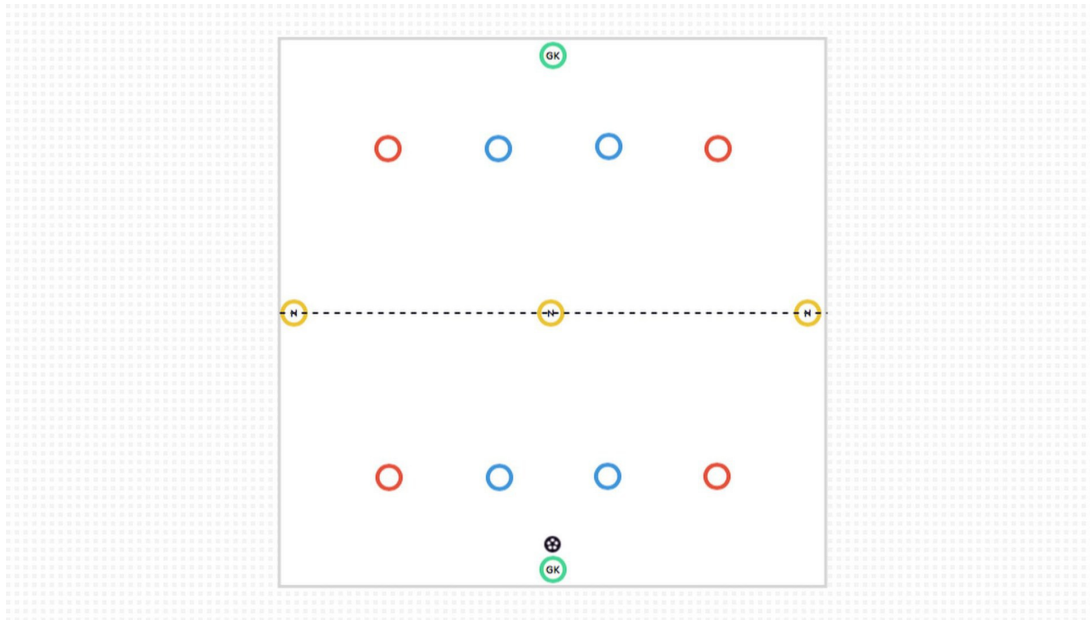
**Organization:** 4 'counter goals'.

**Instruction:** Player B serves to Player A who now go 1v1 against each other. Players change lines. Can add GKs and goals or can have the emphasis be on dribbling through gates to score.

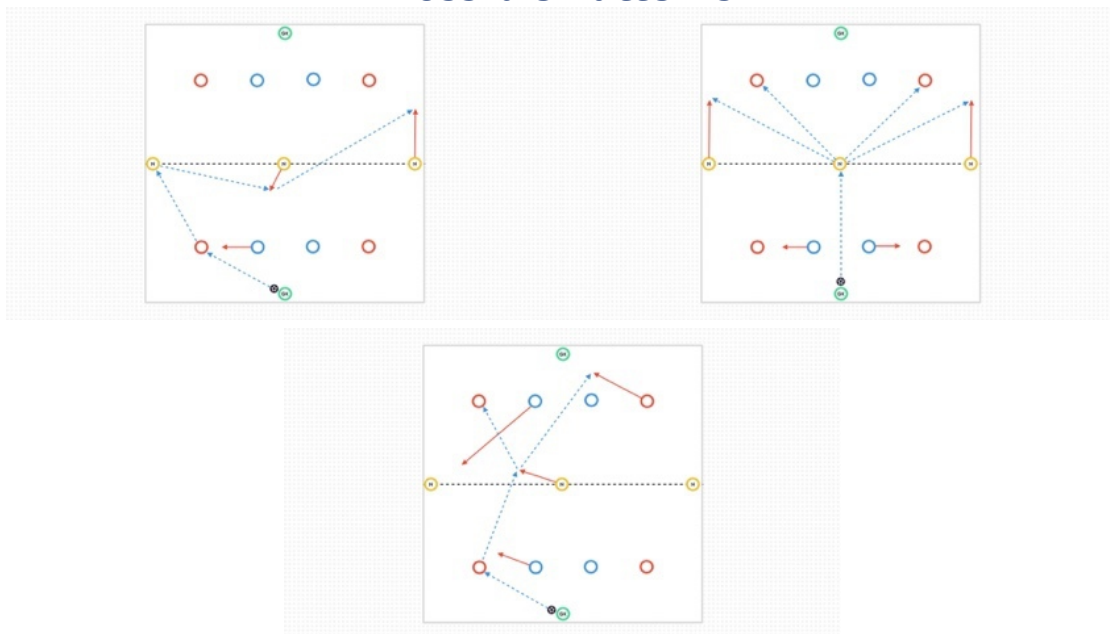
**Coaching Points**

- **Energetic, aggressive and fast paced game.**

- Good first touch to **win the space** from the defender (difficult to generate momentum from a standing start).
- **Unbalance the defender** with a feint, body movement, skill or acceleration.
  - **Speed kills.** It is easier to unbalance a defender when travelling at speed.
- Talk about the 3 Es (**Entry/Execution/Exit**);
  - Big Ronaldo touches to win the space (Entry).
  - Little Messi touches whilst engaging the defender to maintain control of the ball (Execution).
  - Big Ronaldo touches to put separation between you and defender (Exit).
- Take them on! Back yourself! Go at them! Be confident! Beat them!
- Coach both **transitional** moments.
- **Opposition Management** - coach the defender to be aggressive, win the space and use the touch line to help them.



## Possible Patterns



**Final Activity:** JdP Activity: 4v4+5

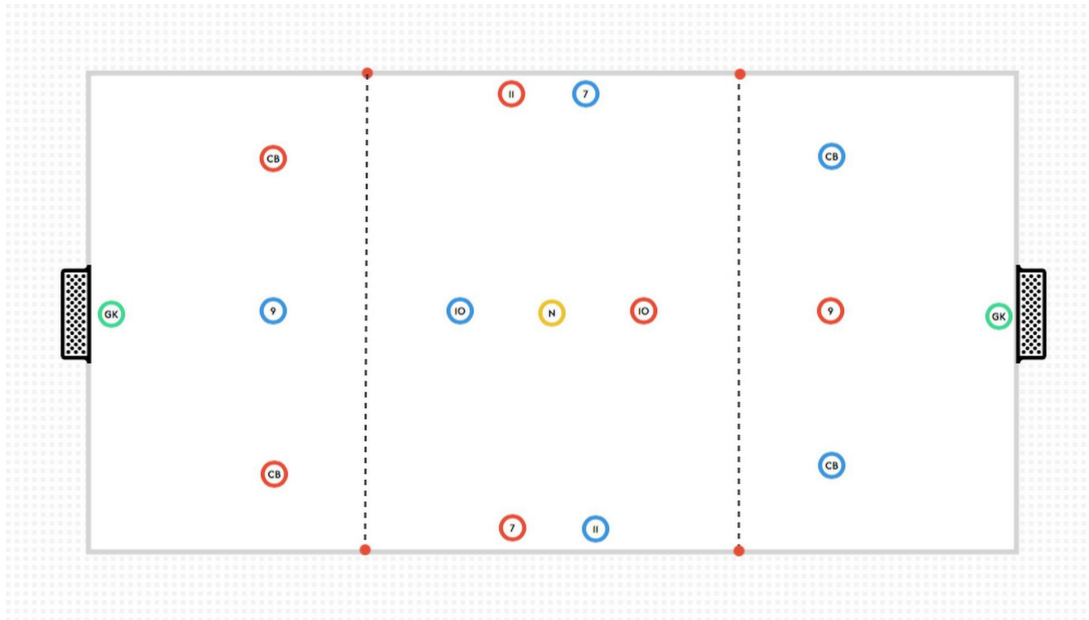
**Organization:** 4v4+5.

**Instruction:** Red v Blue. The two attacking players **can only** receive the ball in the **attacking half**. They must not enter the defensive half. Same for both teams. **The objective is to**

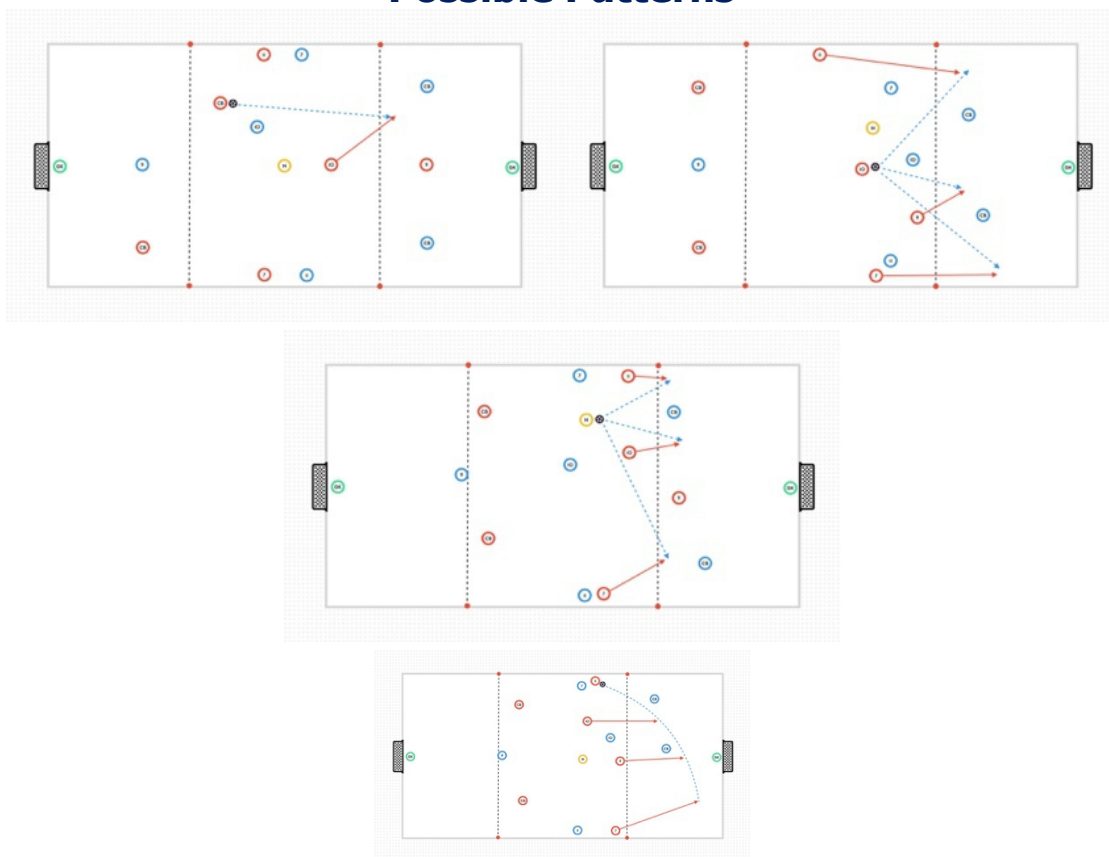
**penetrate by passing the ball into the attacking players** and then for that team to score by passing into the Targets.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
  - In particular the FBs help create space in the Half Spaces by fixing the defense.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to a #8/#10,
  - Create Numerical & Positional Superiority by attracting players to the ball, out wide, to **create space to be able to penetrate centrally**.
- **Coach the movement** of the two attacking players to occupy the Half Spaces.;
  - **Dismark** and be able to receive the ball relatively pressure free
  - **Receive with purpose** and the correct body orientation (on the half turn).
- Coach the movement of the **FBs**
  - As the ball is played into the two attacking players that is a **cue** for the them to get **ahead** of the ball to support.
  - **Passes should trigger runs** – The pass to the attacking players should trigger the runs of the FBs & this should be a **common and often seen behavior** both in the practice sessions and the game.
- Coach **Third Man Movements**.
- The diagonal runs in behind (going dark) of pressing defenders is key to penetrating and breaking lines of pressure.



## Possible Patterns



**JdP Activity:** End Zone Game Timing of Runs and Passes.

**Organization:** End Zone Activity. 2 big goals. 6v6/7v7+1 game.

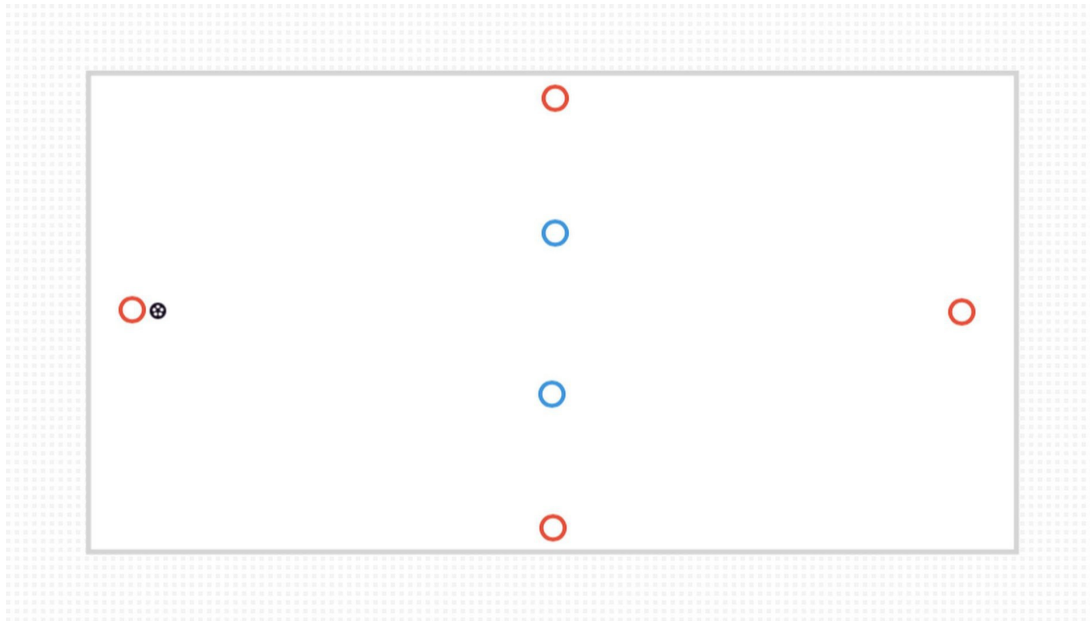
**Instruction: 1 Point** for a regular goal. **5 Points** for a goal from a **cross or through ball into the End Zone.**

**Coaching Points:** Take 60 seconds to model the above **solutions.**

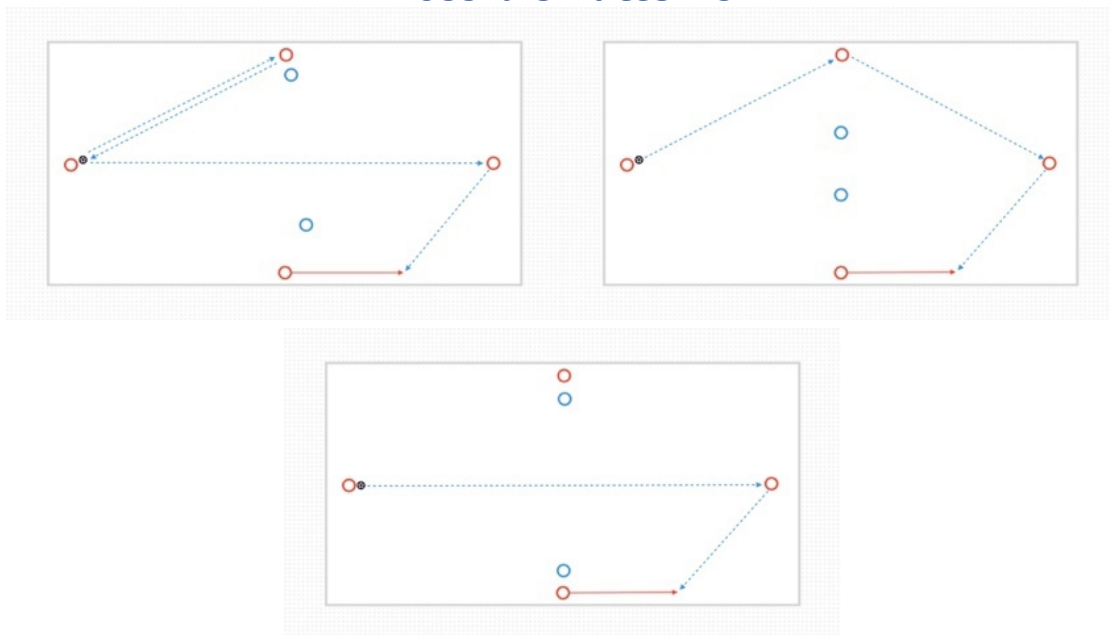
- Fix the structure (**width & depth**) to pull the defense apart & create gaps for the runners to burst through.
- First look should be **forward.**
- **Temporal** and **spatial** relationship between **passer** and **receiver** to **time** the **run** and the **pass.**
  - **Double Movements** drag the defender out and then to get in to the End Zone.
- **Cues** for forward runs from **wide, midfield** and '**#9**' when a midfielder receives the ball on the turn;
  - They should now burst through to get into positions to receive in the End Zone.
- **Diagonal runs** in behind players (**going dark**) increase the success of connecting with a through ball.
- Coach the **timing of runs** from deep.
  - **Bend runs** to maintain momentum.
- **Aggressive runs into the End Zone** cause panic and provide time and space for the player on the ball.
- Crosses should be **whipped across the 'box' fast and low, bending away from the GK** to provide maximum opportunity for multiple attackers to connect with it.

**Session: Zone 14.**





## Possible Patterns



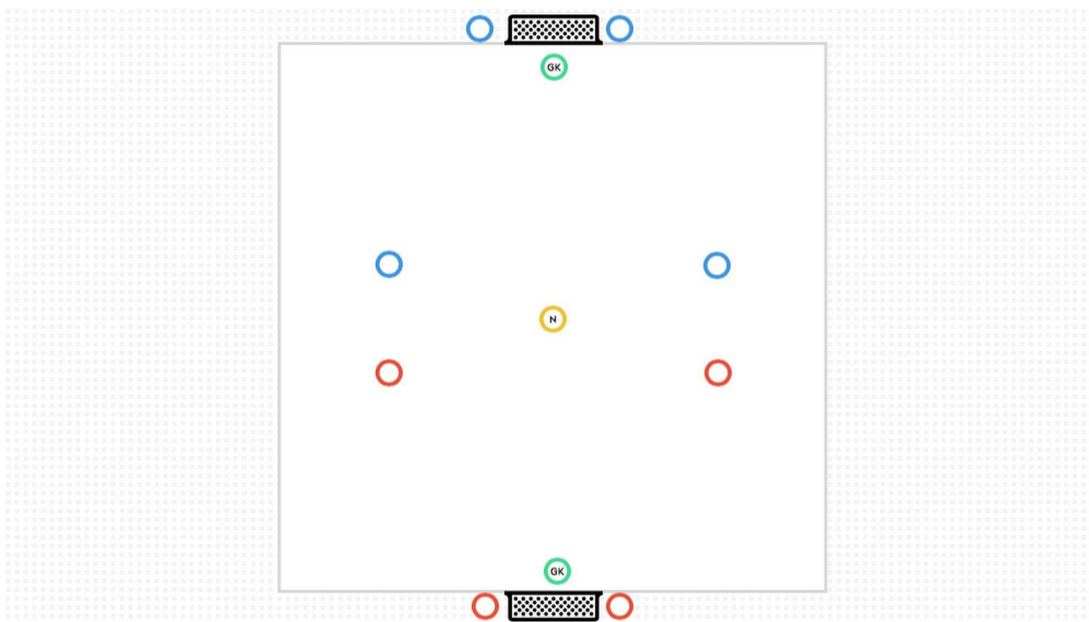
**Organization:** 4v2

**Instruction:** The possessing team scores points by passing into the Targets (North & South).

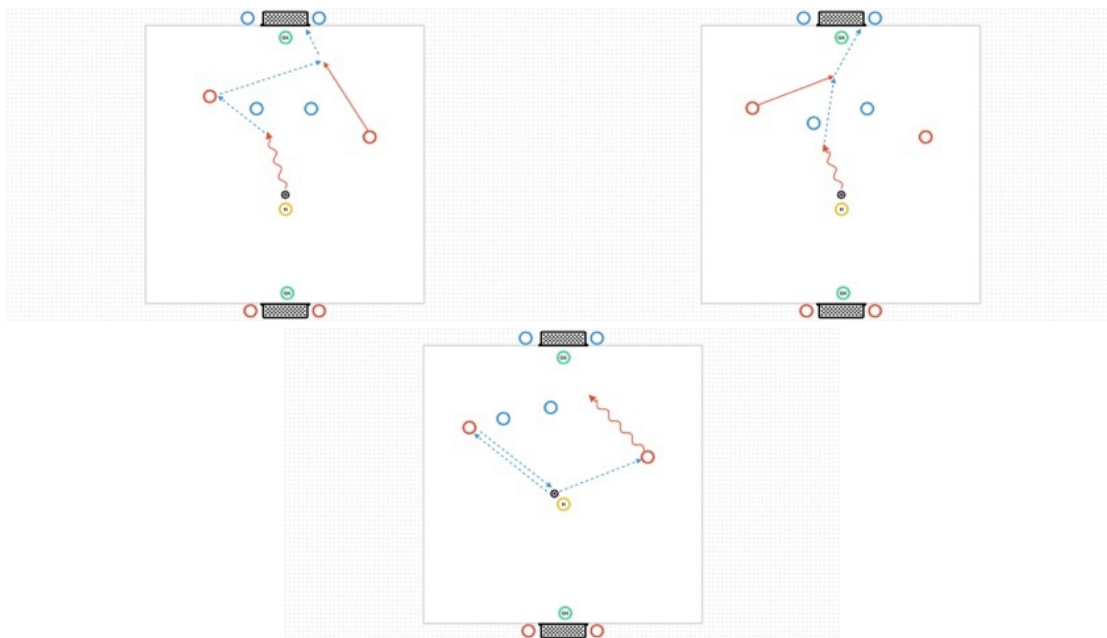
## Coaching Points

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.

- **Move the defensive block around** to open up passing lanes.
- The ball carrier must always have **supporting options**, left, right and ahead;
  - **Adjustment of depth** from the wide players to create passing angles based upon defenders' position is **vital**.
  - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> line passes.
- **Attract defenders** to the ball to create space elsewhere.
  - Off-the-ball players present themselves as options to 'fix' the weak-side defenders to **prevent them from committing** (this is the structural key to pulling the defense apart).
- Try to receive across the body on the back foot if possible, play a combination pass.
  - also coach the when, where and why of front foot receiving.
- Third Man Movements.



**Possible Patterns**



**Technical Activity:** 2v2+1 Flying Changes.

**Organization:** 2v2+1 JdP Game. Fairly tight grid, approx. 25\*20 meters.

**Instruction:** Red plays against Blue. **Yellow Neutral plays with possession.** When the possessing team score they stay on, go back and get another ball from the GK. The opposition defenders leave and a new set come on. If the possessing team don't score, they leave the field and the defenders go back to their GK and get a ball and start play against two new defenders.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Bring the ball up quickly to **win the space from the defenders**.
- Fix the structure (**width and depth**) to stretch the defense out.
  - Start with the **classic 3v2 shape**.
  - Wingers start wide but **quickly lose their width** as they approach goal.
- Wingers take on defenders 1v1 and go to goal or cut the ball back across the goal.

- 

**Organization:** 2 goals. 12 players minimum (4 Blue, 4 Red & 4 Yellow and 2 GKs if available). Small area to promote combination play, 25\*35 etc.

**Instruction:** Video <https://www.youtube.com/watch?v=NpO6U6tgE0Y>

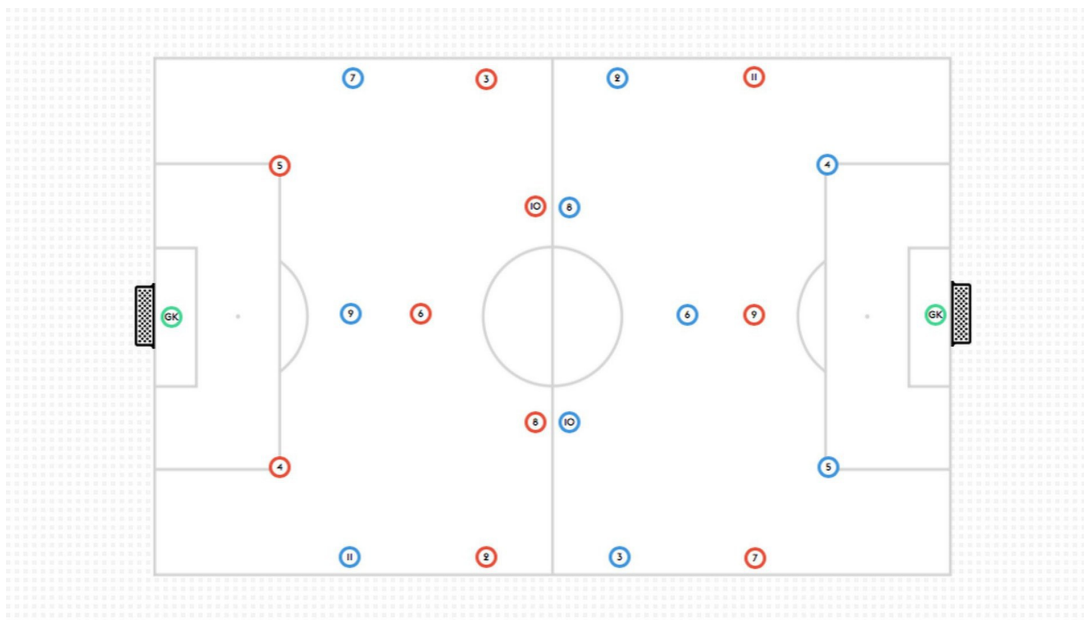
Goal Keeper serves the ball to one **Red Player** who enters the field and now plays with **2 Yellow Wide Players** to go **3v2** to goal against the **2 Blues Players**.

When game is dead, the game resets and goes the other way using a **new Red Player** and **2 new Yellow Players** against **2 new Blue defenders**.

Players join the back of the opposite line. Repeat. Rotate groups.

### **Coaching Points:**

- Bring the ball up quickly to **win the space from the defenders**.
- Fix the structure (**width and depth**) to stretch the defense out.
  - Start with the **classic 3v2 shape**.
  - Wingers start wide but **quickly lose their width** as they approach goal.
- Wingers take on defenders 1v1 and go to goal or cut the ball back across the goal.
- To **penetrate** in behind players must be coached to;
  - **Double Movement.**
  - **Aggressive diagonal runs in behind.**
  - **Through Balls.**
  - **1v1.**
  - **Give and Goes.**
  - **Spatial and Temporal relationship between passer and runner.**
- If penetration isn't on, then circulate and probe to search for and create an opening. Don't be rushed in to making bad decisions (temporizar).



## Final Activity: Coached Game

**Organization:** Regular game. Neutrals 'cheat' the numbers up to 9v9/11v11.

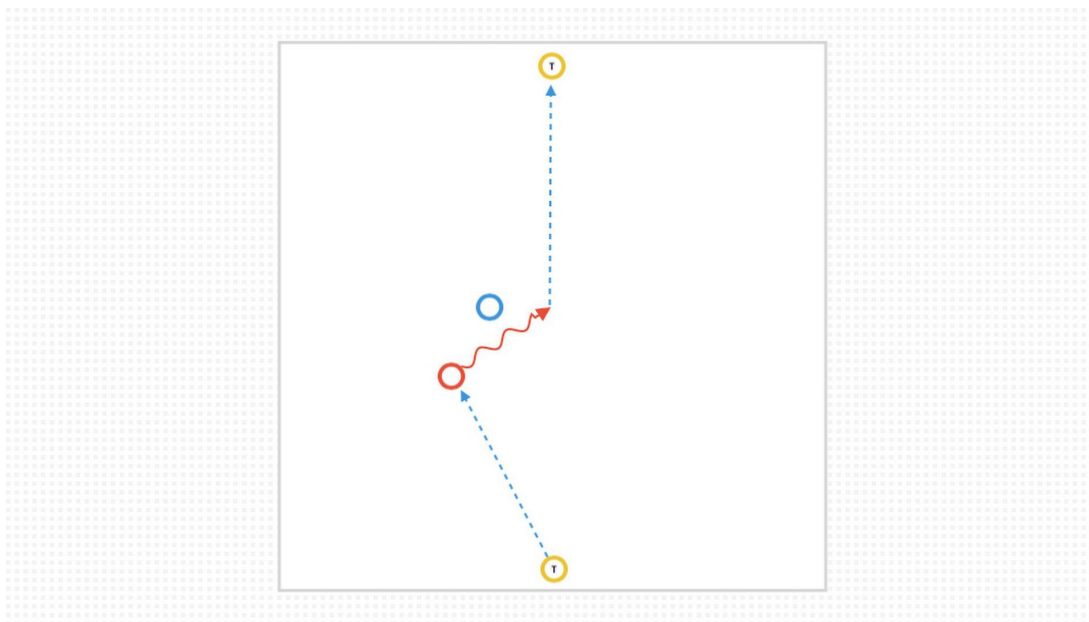
**Instruction:** Coach the topic, but this game should also serve as a mechanism to coach the **overriding principles of the Game Model**.

## Coaching Points

- **Width & depth** to allow players to receive the ball with time & space (**Positional Superiority**).
  - Ensure **offensive depth under the ball** to be able to **play backwards** when penetration is not on.
- **Timing of runs, double movements & Give & Go** to **receive in behind lines of pressure**.
- CBs, FBs & #6 to **bring the ball out** in accordance with the **Game Model Principles**.
- First look should always be forward to penetrate. If not possible, then **circulate & probe**.
  - Penetrating **dribbles, runs and passes** using the End Zone as an **offside line**.

- Can incentivize penetrating runs and passes into the End Zone with double points.
- **Circulate & Probe (horizontally & vertically)** moving the **defensive block around** to **penetrate**.
- Coach the movement of the receiving players to **dismark** and be able to **receive with purpose**.
- **Receive with purpose** – receive across the body on the back foot, orientate the receiver's body correctly.
- When the **#6 receives the ball**, he should have **support and width** from the **FB level or ahead** of him.
- Coach **high and overlapping Fullbacks**;
  - When this happens, the **Winger must invert** to **overload midfield**.
  - When the ball is in the **offensive half**, the **FB and Winger cannot** be in the **same 'channel'**.
- As the **#8/10** are **receiving the ball**, this is a **trigger** for **wide players (Wingers or Fullbacks)** to be **ahead** of the ball.
- Coach the **switching** of play (**overload to isolate**) and **when and how to recognize** this;
  - As the ball is being played on the **strong side**, there must always be a **Free Man** on the **weak side**.
- Goals do not count unless **all players**, except the GK, **are up over the half way line**.
  - **Instant transition** (both ways) when the ball is **turned over**.

## Session: Dismarking Part 2



**Technical Activity:** 1v1+2.

**Organization:** 1v1+2 in a grid suitable for the age and ability of the players. 6/7/8 players per grid.

**Instruction:** The two players in the middle play 1v1 against each other with the two target players at the end. They score points every time they play in to a different Target Player. The Target players play with possession. After 45 -60 seconds coach rotates all players 1 position (older groups can do this themselves).

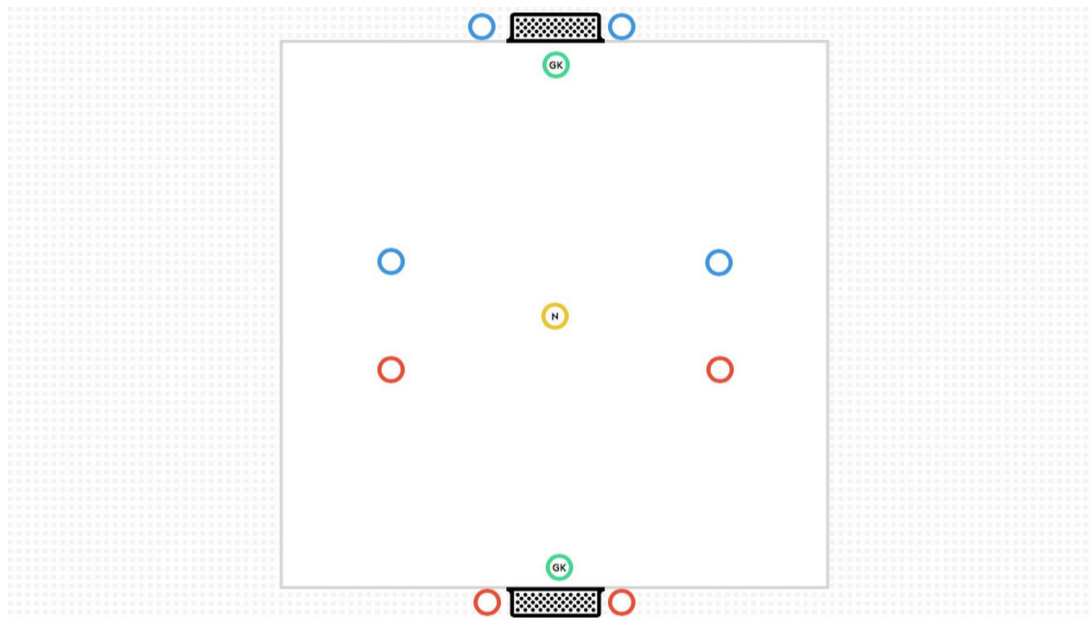
**Video:** Minute 1:45. <https://www.youtube.com/watch?v=5MDR775Y2OY&index=2&list=PLmAGrtZA4juBYAR3WY0E-mG03fR0FPBqd&t=107s>

### **Coaching Points:**

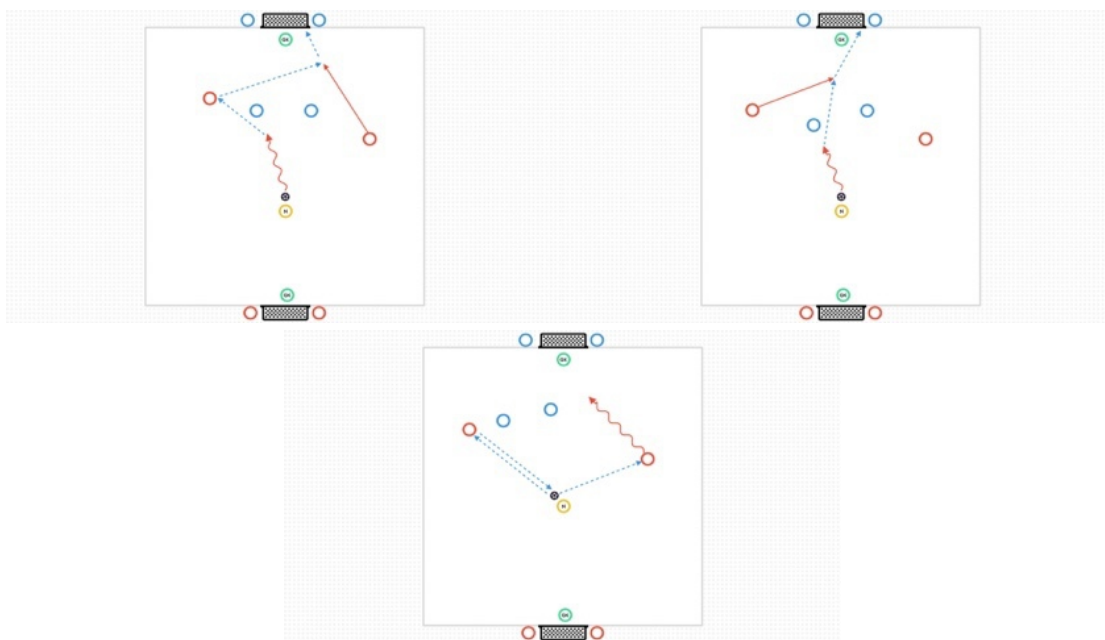
- Look to achieve **Positional Superiority** as the receiver through **constant dismarking**.
- Try to **receive with purpose on the back foot** if possible to be able to penetrate forward.
  - Talk about the **when & why** of back foot vs front foot receiving.



- **Double movements** to unbalance the defender and receive the ball in **behind the defender**.
- If player can't receive cleanly and has to deal with pressure, then;
  - Turning and receiving under pressure.
  - Using 1v1 skills and turns (ankle breaking) to generate a half yard of space to open up a passing lane.



**Possible Patterns**



**Technical Activity:** 2v2+1 Flying Changes.

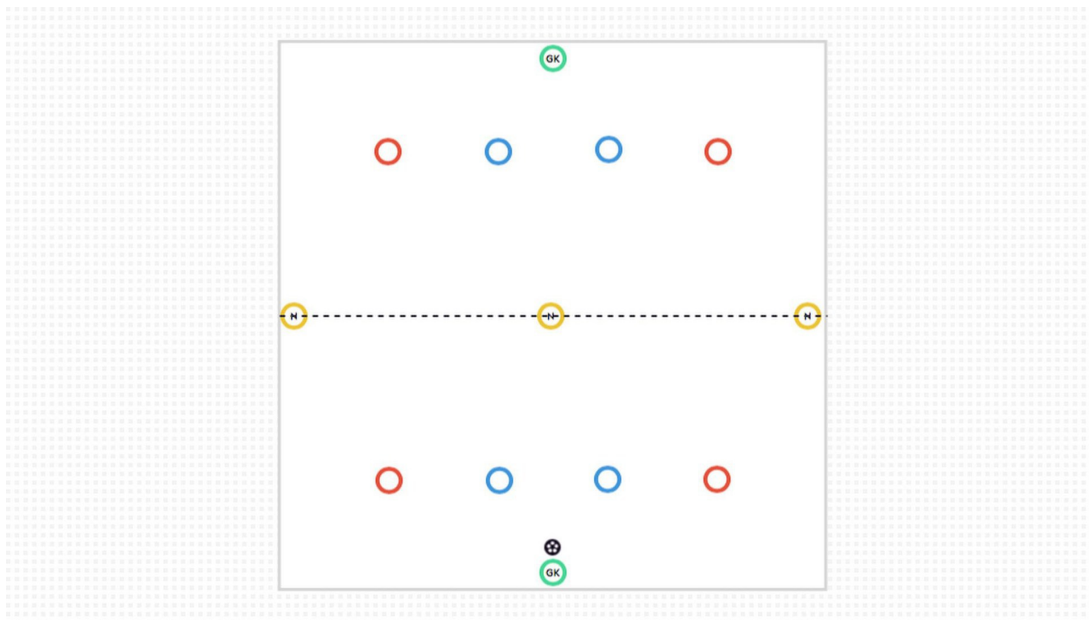
**Organization:** 2v2+1 JdP Game. Fairly tight grid, approx. 25\*20 meters.

**Instruction:** Red plays against Blue. **Yellow Neutral plays with possession.** When the possessing team score they stay on, go back and get another ball from the GK. The opposition defenders leave and a new set come on. If the possessing team don't score, they leave the field and the defenders go back to their GK and get a ball and start play against two new defenders.

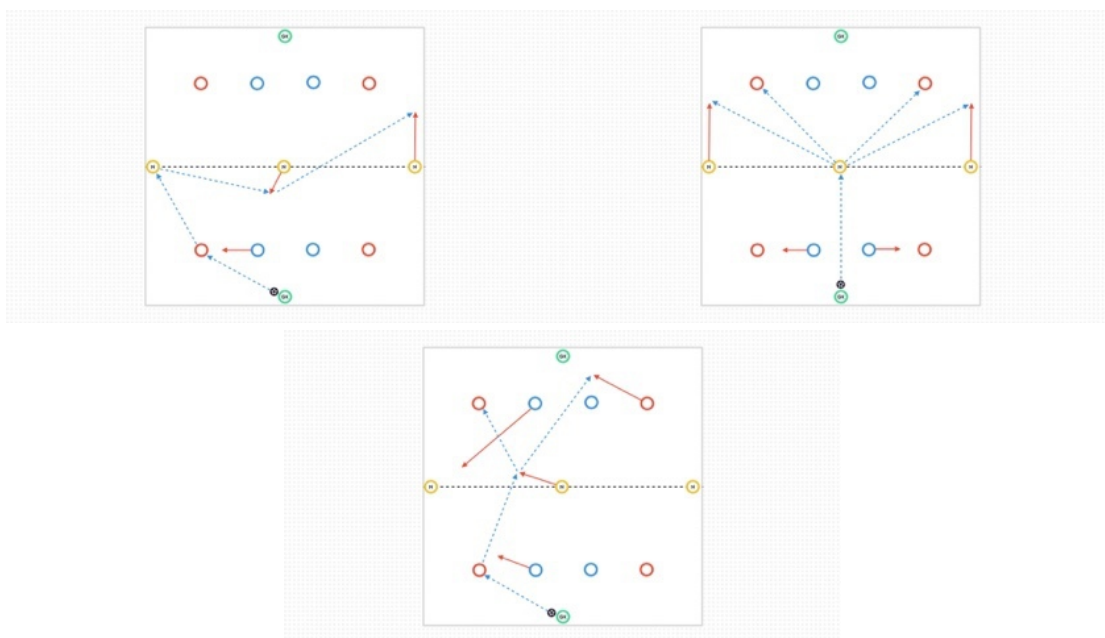
**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Bring the ball up quickly to **win the space from the defenders**.
- Fix the structure (**width and depth**) to stretch the defense out.
  - Start with the **classic 3v2 shape**.
  - Wingers start wide but **quickly lose their width** as they approach goal.
- Wingers take on defenders 1v1 and go to goal or cut the ball back across the goal.

- To **penetrate** in behind players must be coached to;
  - **Double Movement.**
  - **Aggressive diagonal runs in behind.**
  - **Through Balls.**
  - **1v1.**
  - **Give and Goes.**
  - **Spatial and Temporal relationship between passer and runner.**
- If penetration isn't on, then circulate and probe to search for and create an opening. Don't be rushed in to making bad decisions (temporizar).



**Possible Patterns**



**Final Activity:** JdP Activity: 4v4+5

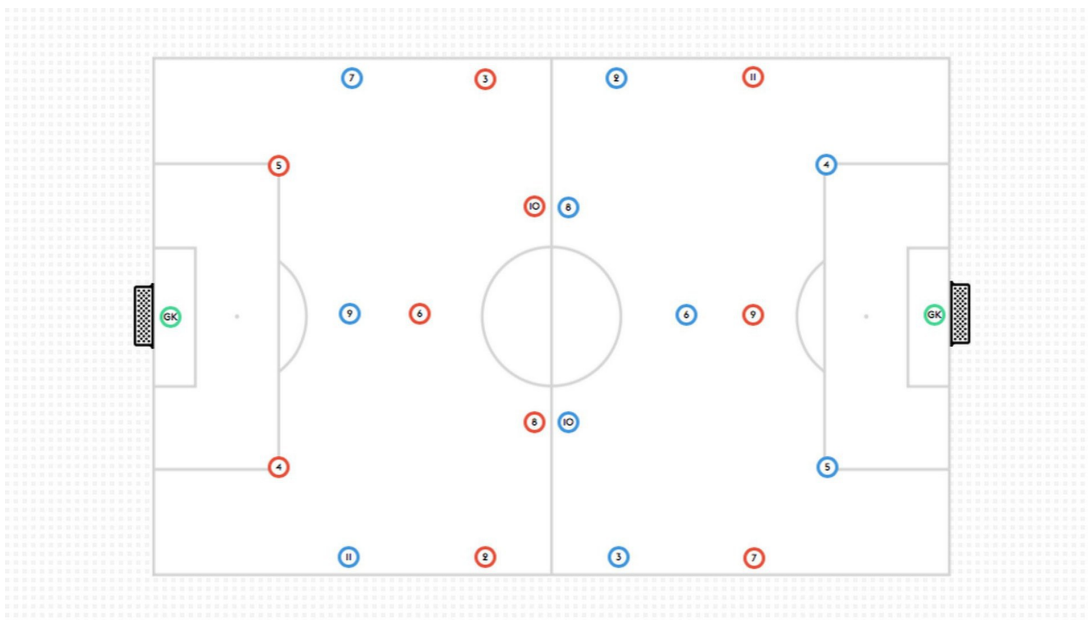
**Organization:** 4v4+5.

**Instruction:** Red v Blue. The two attacking players **can only** receive the ball in the **attacking half**. They must not enter the defensive half. Same for both teams. **The objective is to penetrate by passing the ball into the attacking players** and then for that team to score by passing into the Targets.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
  - In particular the FBs help create space in the Half Spaces by fixing the defense.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to a #8/#10,
  - Create Numerical & Positional Superiority by attracting players to the ball, out wide, to **create space to be able to penetrate centrally**.
- **Coach the movement** of the two attacking players to occupy the Half Spaces.;

- **Dismark** and be able to receive the ball relatively pressure free
  - **Receive with purpose** and the correct body orientation (on the half turn).
- Coach the movement of the **FBs**
  - As the ball is played into the two attacking players that is a **cue** for the them to get **ahead** of the ball to support.
  - **Passes should trigger runs** – The pass to the attacking players should trigger the runs of the FBs & this should be a **common and often seen behavior** both in the practice sessions and the game.
- Coach **Third Man Movements**.
- The diagonal runs in behind (going dark) of pressing defenders is key to penetrating and breaking lines of pressure.



**Final Activity:** Coached Game

**Organization:** Regular game. Neutrals 'cheat' the numbers up to 9v9/11v11.

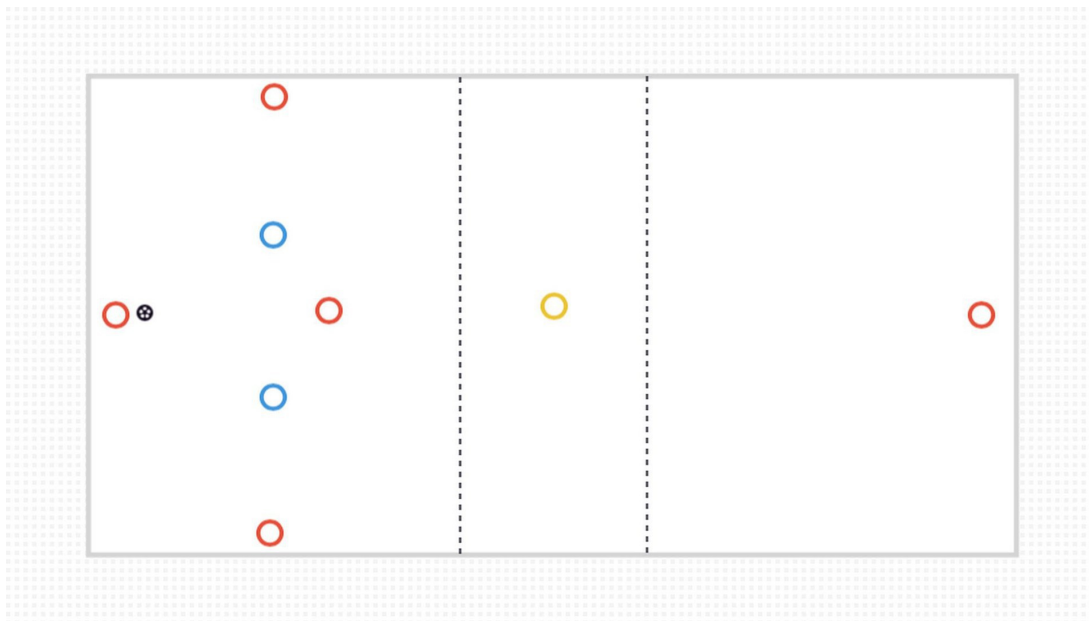
**Instruction:** Coach the topic, but this game should also serve as a mechanism to coach the **overriding principles of the Game Model**.

### **Coaching Points**

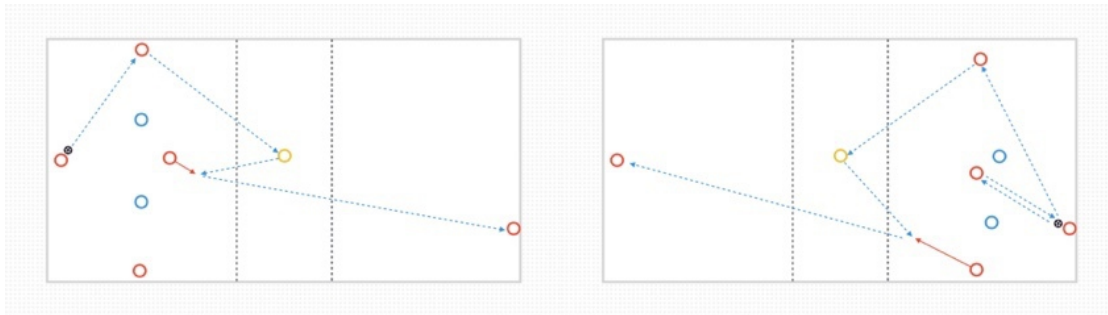
- **Width & depth** to allow players to receive the ball with time & space (**Positional Superiority**).
  - Ensure **offensive depth under the ball** to be able to **play backwards** when penetration is not on.
- **Timing of runs, double movements & Give & Go** to **receive in behind lines of pressure**.
- CBs, FBs & #6 to **bring the ball out** in accordance with the **Game Model Principles**.
- First look should always be forward to penetrate. If not possible, then **circulate & probe**.
  - Penetrating **dribbles, runs and passes** using the End Zone as an **offside line**.
  - Can incentivize penetrating runs and passes into the End Zone with double points.
- **Circulate & Probe (horizontally & vertically)** moving the **defensive block around** to **penetrate**.
- Coach the movement of the receiving players to **dismark** and be able to **receive with purpose**.
- **Receive with purpose** – receive across the body on the back foot, orientate the receiver's body correctly.
- When the **#6 receives the ball**, he should have **support and width** from the **FB level or ahead** of him.
- Coach **high and overlapping Fullbacks**;
  - When this happens, the **Winger must invert** to **overload midfield**.
  - When the ball is in the **offensive half**, the **FB and Winger cannot** be in the **same 'channel'**.
- As the **#8/10** are **receiving the ball**, this is a **trigger** for **wide players (Wingers or Fullbacks)** to be **ahead** of the ball.

- Coach the **switching** of play (**overload to isolate**) and **when and how to recognize** this;
  - As the ball is being played on the **strong side**, there must always be a **Free Man** on the **weak side**.
- Goals do not count unless **all players**, except the GK, **are up over the half way line**.
- **Instant transition** (both ways) when the ball is **turned over**.

## Session Plan: Third Man Movements Part 1



**Possible Patterns**



## Warm Up: Rondo 5v2+1

**Organization:** Rondo with a central channel.

**Instruction:** The ball can only be transferred from Zone to Zone through a Third Man Movement (pictured). The Neutral must stay in his Zone.

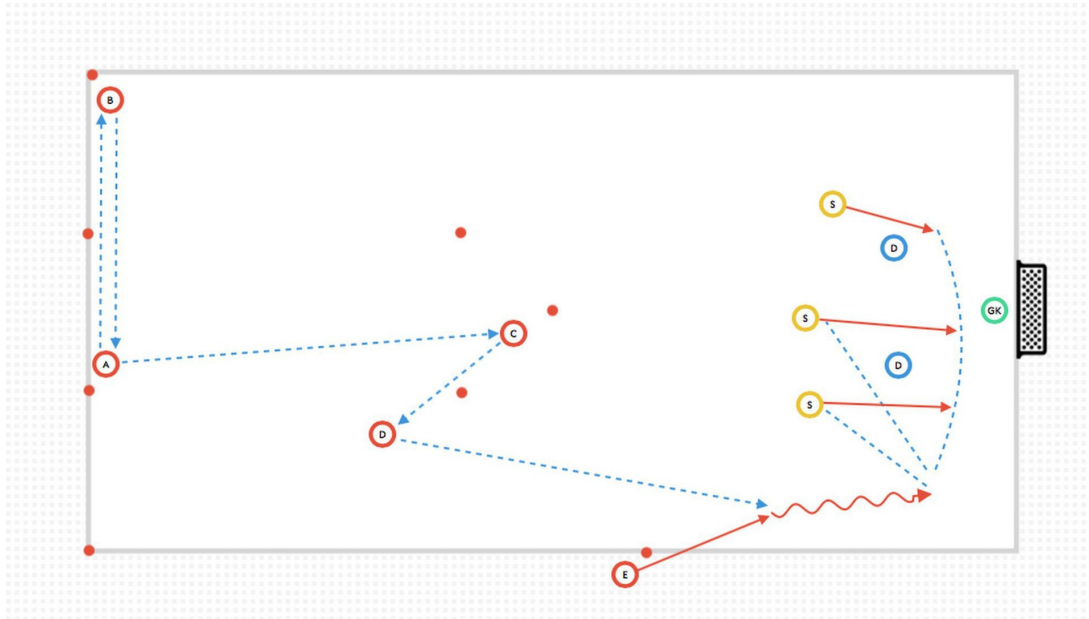
When the ball is transferred from one Zone to the next, then the players must also transfer into the next Zone.

## Coaching Points

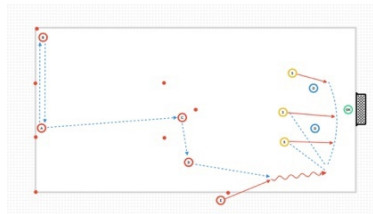
- Fix the structure (**width & depth**) to allow the ball to be moved to find the target players.
- **Circulate & Probe**, moving the defensive block around to be able to penetrate to the Targets.
  - Create Numerical & Positional Superiority by attracting players to one area to create space somewhere else.
  - **Dismark** and be able to receive the ball relatively pressure free
  - **Receive with purpose** and the correct body orientation (on the half turn).
- **Passes should trigger Third & Fourth Man Runs** – The pass to the Neutral should trigger the movement of the Third Man and this should be a **common and often seen behavior** both in the practice sessions and the game.
- Coach **Third Man Movements**.



- If you receive the ball with your back to goal, find a player that is **facing goal**.



### Possible Patterns



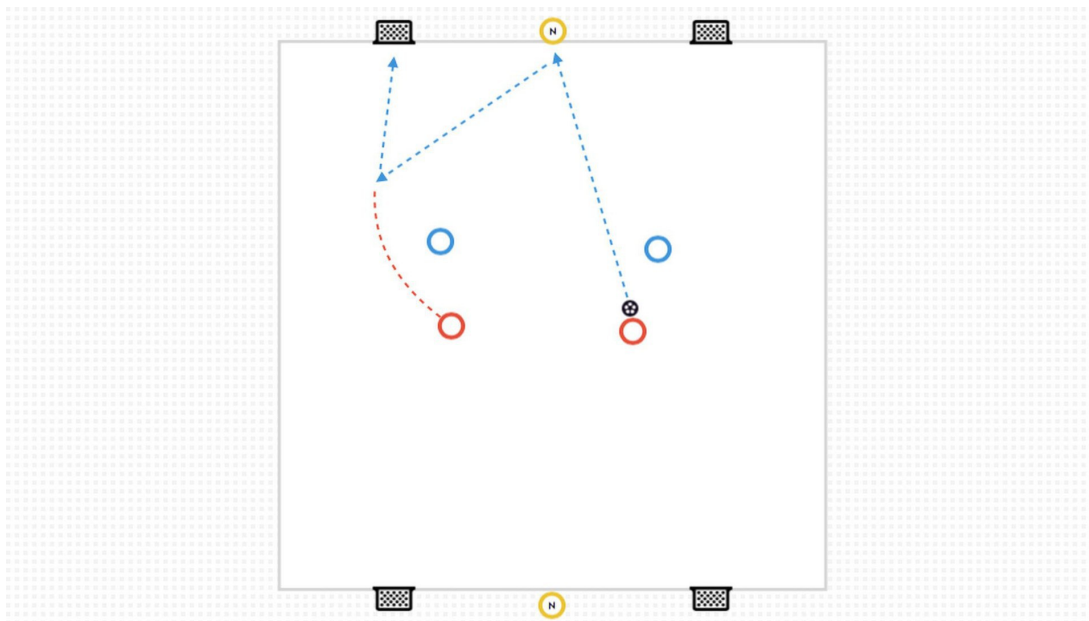
**Technical Activity:** Third & Fourth Man Passing Pattern

**Organisation:** Pattern as above. 1 Goal. 2 defenders. 3 strikers.

**Instruction:** Player A passes to Player B and gets the ball back. Player A then passes into Player C. Player C lays the ball off to Player D. Player D passes the ball to Player E. Player E cuts the ball back into the Strikers who play 3v2 against the defenders. All players (except the Strikers & Defenders) rotate one position.

**Coaching Points**

- The Third Man (Player D) must start to **recognize early the visual cues of the longer pass** and try to **win the space** from the 'defender' to receive the ball with time and space.
- The **2<sup>nd</sup> attacker** (Player C) **must dismark** from his cone to be open to receive the longer pass (this is key, as if the 2<sup>nd</sup> attacker (neutral) is not open then there can be no longer pass to initiate the movement).
- The 2<sup>nd</sup> and 3<sup>rd</sup> attacker don't always have to combine in the same way and can look to mix it up (as pictured in the 2<sup>nd</sup> diagram).
- The **1<sup>st</sup> attackers first look should always be far forward to penetrate.**
- **Passes should trigger Third & Fourth Man Runs.**
- Accurate, fast and low cut back from Player E.



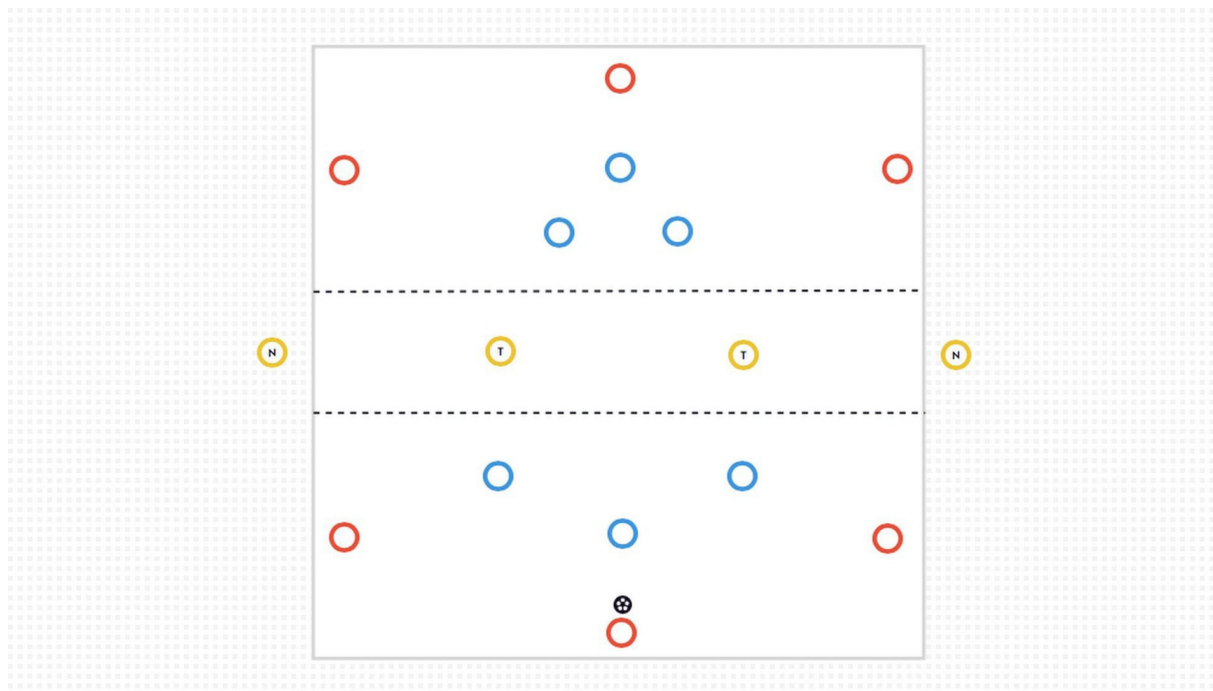
**JdP Activity:** Third Man Movements.

**Organisation:** Grid to suit age, size and ability. 4 counter goals/gates. Coach can have two small grids going on simultaneously or one larger grid. 2v2+2/3v3+2 etc.

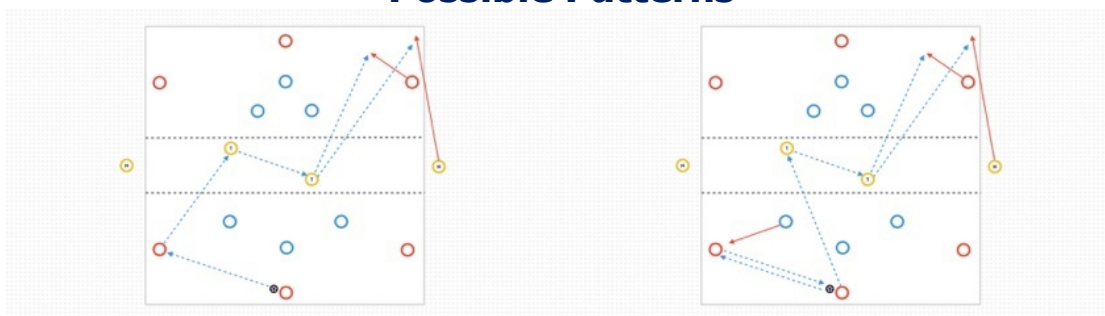
**Instruction:** Regular game except that points can only be scored from a Third Man Movement (as pictured) where the ball is played in to a Target and then set back to the 3<sup>rd</sup> Man.

### **Coaching Points**

- Fix the structure (**width & depth**) to allow the players to have more time and space on the ball to receive and move the ball with purpose.
- The Third Man must start to **recognize early the visual cues of the longer pass** and try to **win the space** from the defender to receive the ball with time and space.
- The **2<sup>nd</sup> attacker must dismark** to be open to receive the longer pass (this is key, as if the 2<sup>nd</sup> attacker (neutral) is not open then there can be no longer pass to initiate the movement).
- The **1<sup>st</sup> attackers first look should always be far forward to penetrate**, if nothing on, then circulate the ball.
- If you receive the ball with your back to goal, find a player that is **facing goal**.
- **Passes should trigger Third & Fourth Man Runs.**



## Possible Patterns



## Final Activity: JdP Activity - Third Man Movements

**Organization:** Grid to suit size, age and ability. Two Target Players in the Middle zone. Two Neutral Wide Players just outside the lines.

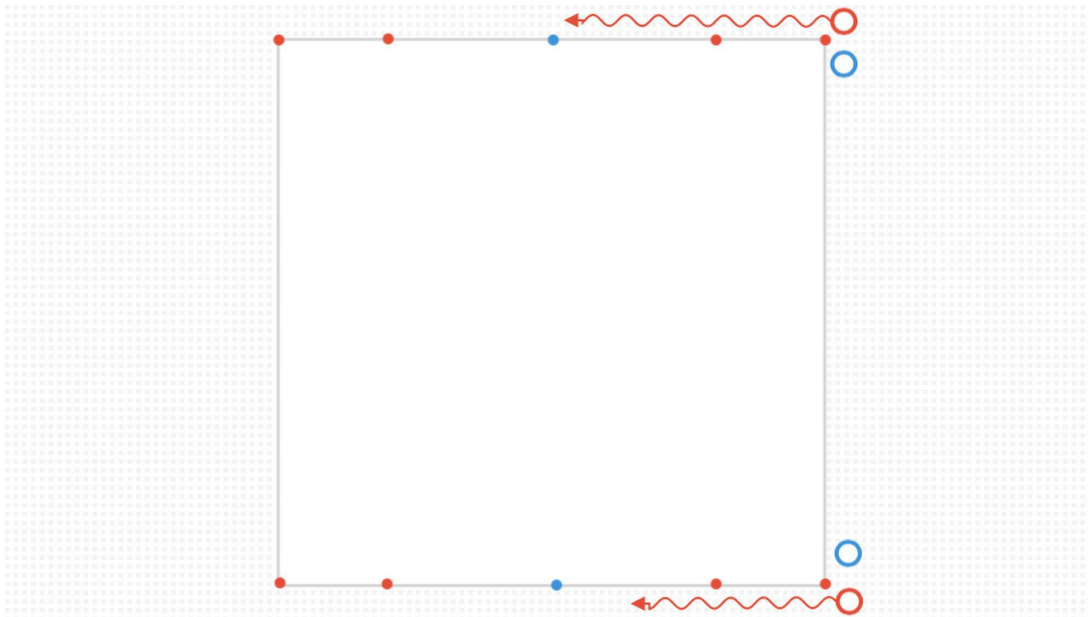
**Instruction:** Points are scored by playing into a Target, having them lay the ball off to the Third Man and having the Third Man connect with a player in the next Zone.

Once the Third Man has the ball, the wide Neutrals can enter the next zone (as pictured) to receive the ball. Once the ball is lost or turned over, they must return to outside of the lines.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the structure (**width & depth**) to allow players to receive the ball with time and space.
- **Circulate & Probe** with the ball, moving the **defensive block around** to be able to penetrate.
  - Pass through the gaps created, into advance target players.
- Coach the movement of the Target Player (2<sup>nd</sup> attacker) to **dismark** and be able to receive with purpose.
- Coach the 3<sup>rd</sup> Man to anticipate the penetrating pass & take up a position to receive & play his next pass.
- Coach the timing of the run from the 4<sup>th</sup> Man.
- As the ball is played into the **Target** this is the **cue** for the **wide players to push on and overlap**.
- Coach the spatial and temporal relationship movements of the two targets to combine as 2<sup>nd</sup> and 3<sup>rd</sup> Attackers (really important to get this to become an automated pattern).
- If you receive the ball with your back to goal, find a player that is **facing goal**.
- **Passes should trigger Third & Fourth Man Runs.**

## Session: Change of Direction 1



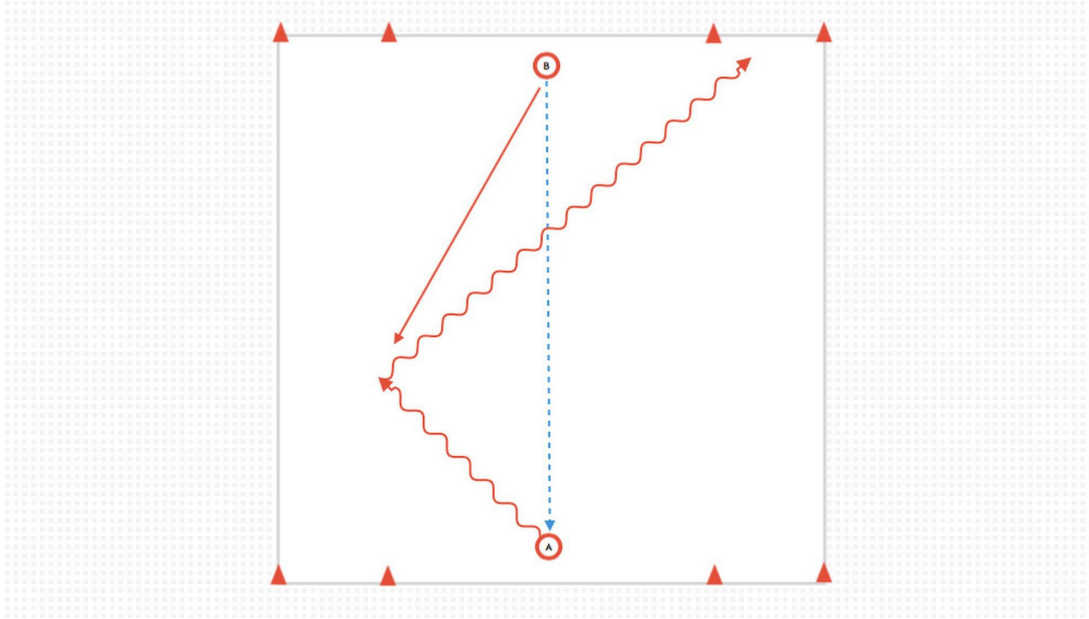
**Warm Up:** 1v1

**Organization:** Gates. Half way-point.

**Instruction:** Player with the ball can dribble through either gate to score only after having reached the half way cone. The defender cannot cross the line but can prevent the attacker from dribbling through the gate.

**Coaching Points:**

- Use the defender's momentum against them to change direction and get separation.
  - The larger context is that the attacker is a wide player trying to gain half a yard of space from the defender to deliver a cross.
- Break ankles.
- Free style moves.



### Technical Activity: 1v1

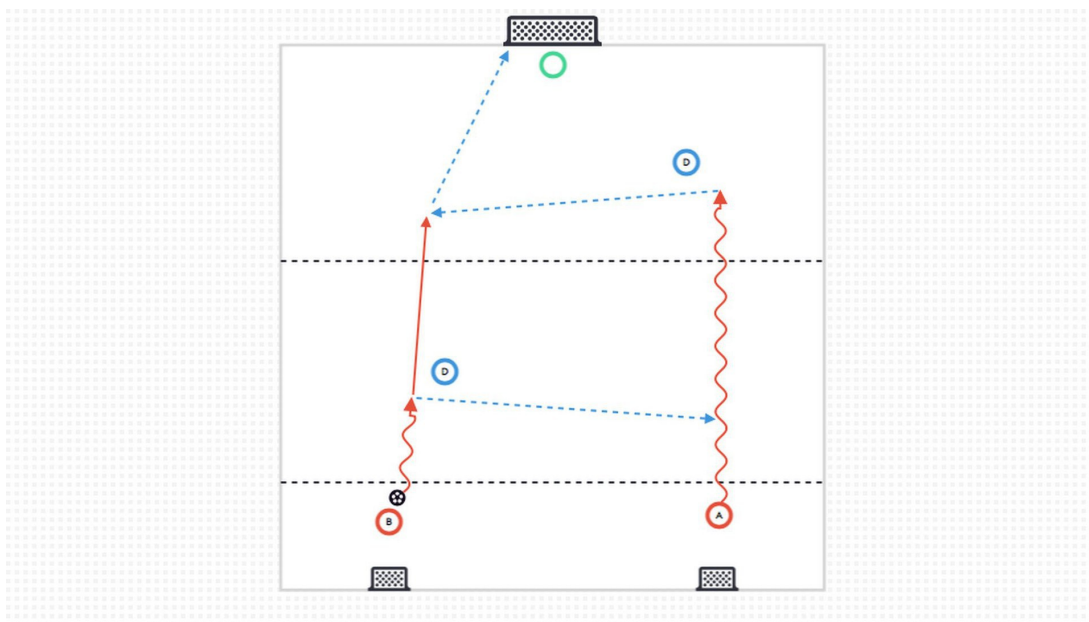
**Organization:** 4 'counter goals'.

**Instruction:** Player B serves to Player A who now go 1v1 against each other. Players change lines. Can add GKs and goals or can have the emphasis be on dribbling through gates to score.

### Coaching Points

- **Energetic, aggressive and fast paced game.**
- Good first touch to **win the space** from the defender (difficult to generate momentum from a standing start).
- **Unbalance the defender** with a feint, body movement, skill or acceleration.
  - **Speed kills.** It is easier to unbalance a defender when travelling at speed.
- Talk about the 3 Es (**Entry/Execution/Exit**);
  - Big Ronaldo touches to win the space (Entry).
  - Little Messi touches whilst engaging the defender to maintain control of the ball (Execution).
  - Big Ronaldo touches to put separation between you and defender (Exit).

- Take them on! Back yourself! Go at them! Be confident! Beat them!
- Coach both **transitional** moments.
- **Opposition Management** - coach the defender to be aggressive, win the space and use the touch line to help them.



**Technical Activity:** 2v2 to Goal (2v1 & 2v1)

**Organization:** 2v1 to goal (2v1 & 2v1) plus a GK. 2 counter goals and 1 big goal.

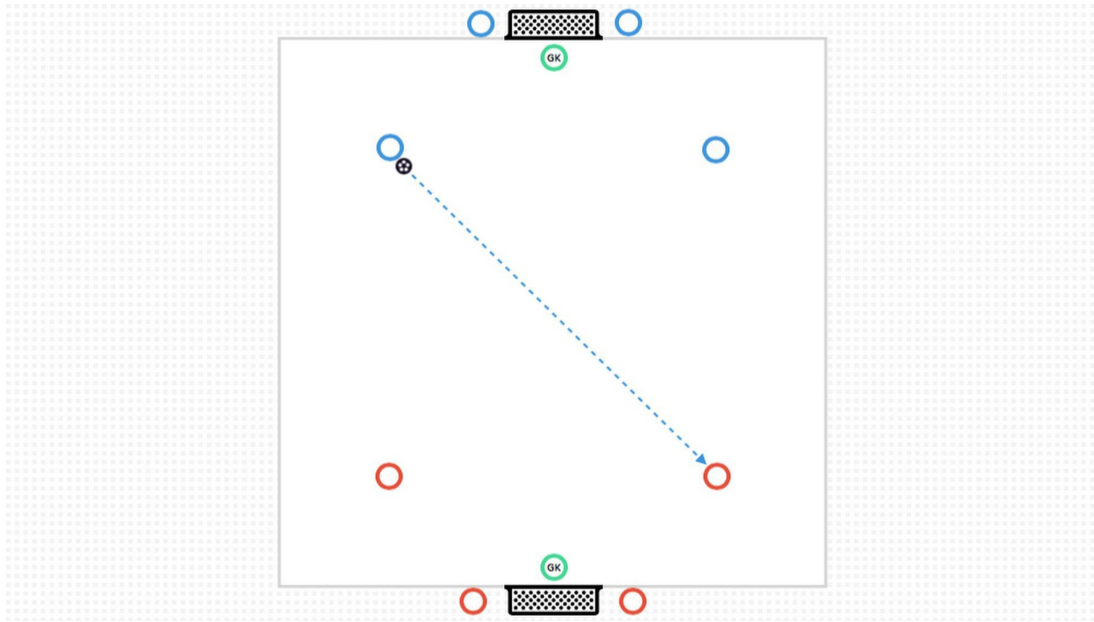
**Instruction:** The GK serves the ball to Player A or B in the First Zone and they then play 2v1 in the Middle Zone against the 1<sup>st</sup> defender. Once they beat the defender they play 2v1 to goal in the Final Zone.



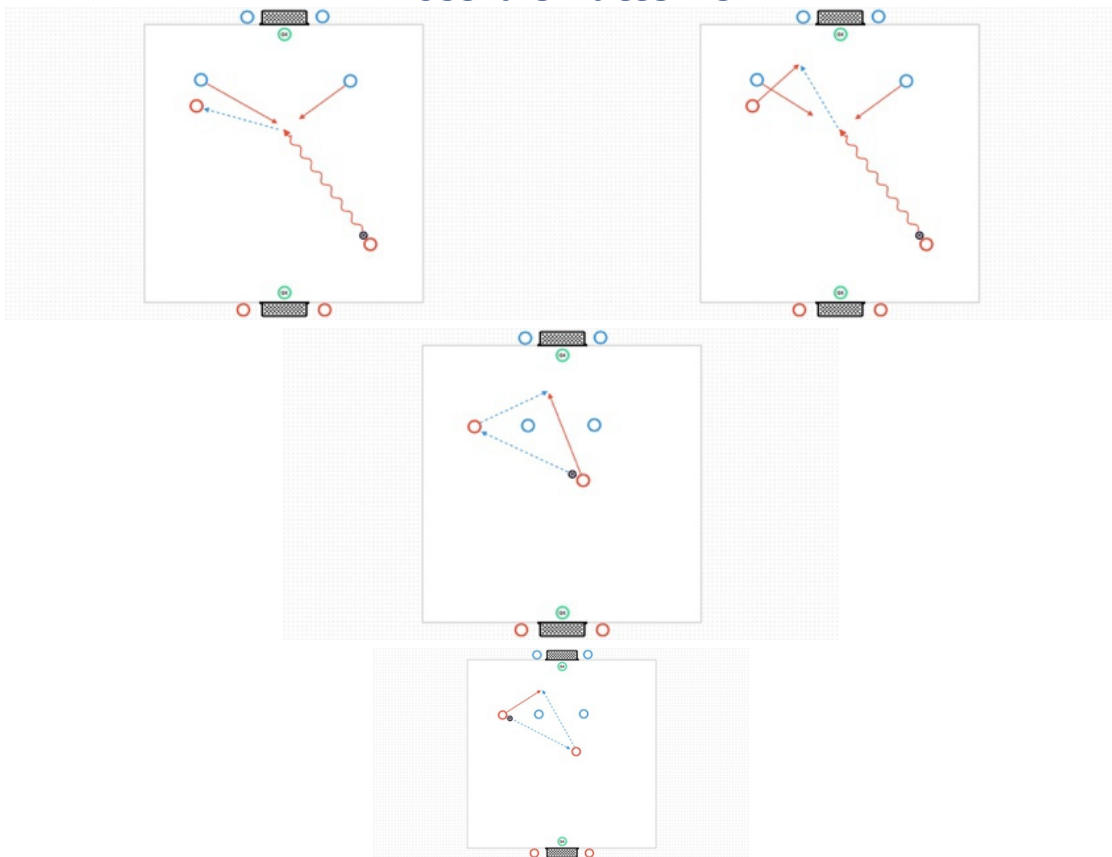
Once they score or the ball goes dead, the players leave the field and swap lines. Each defender is limited to his original Zone except that the first defender can chase and recover one he is beaten.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- Fix the offensive structure (**width & depth**) to gain a **Positional Superiority** over the defender (**2v1**).
- The receiver must have a good first touch to **win the space** in front of him from the defender.
- The ball carrier looks to **engage the defender** and then make the right decision;
  - If the defender engages then he can release his team mate as the **Free Man**.
  - If the defender doesn't engage then he can beat him 1v1 and **penetrate** to the next zone.
- **Off-the-ball Movement** of 2<sup>nd</sup> attacker to always maintain the **Positional Superiority**.
- **Body shape** to receive across the body on the back foot if possible to be in a better position to penetrate forward once he receives the ball.



## Possible Patterns



**Technical Activity:** 2v2 to Goal with Flying Changes.

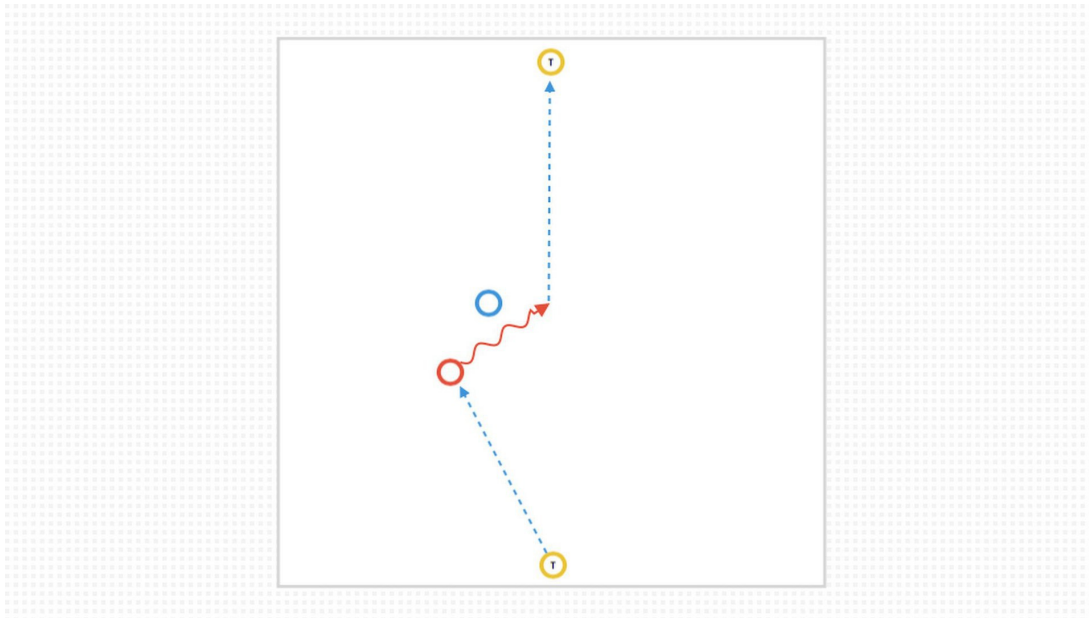
**Organization:** 2 Goals. GKs.

**Instruction:** 2v2 to goal with Flying Changes.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- A good first touch to win the space from the defenders.
- Combination Play to goal;
  - Overlaps
  - Wide Play
  - Give and Goes
  - Through Balls
- Decision Making;
  - When to dribble v when to pass v when to shoot.
- Speed and efficiency;
  - Once a positional advantage has been gained, execute and take advantage of it quickly to prevent the defender from recovering.
- Shooting;
  - Quick, ruthless, efficient, low, hard and to the corners.

## Session: Change of Direction 2



**Technical Activity:** 1v1+2.

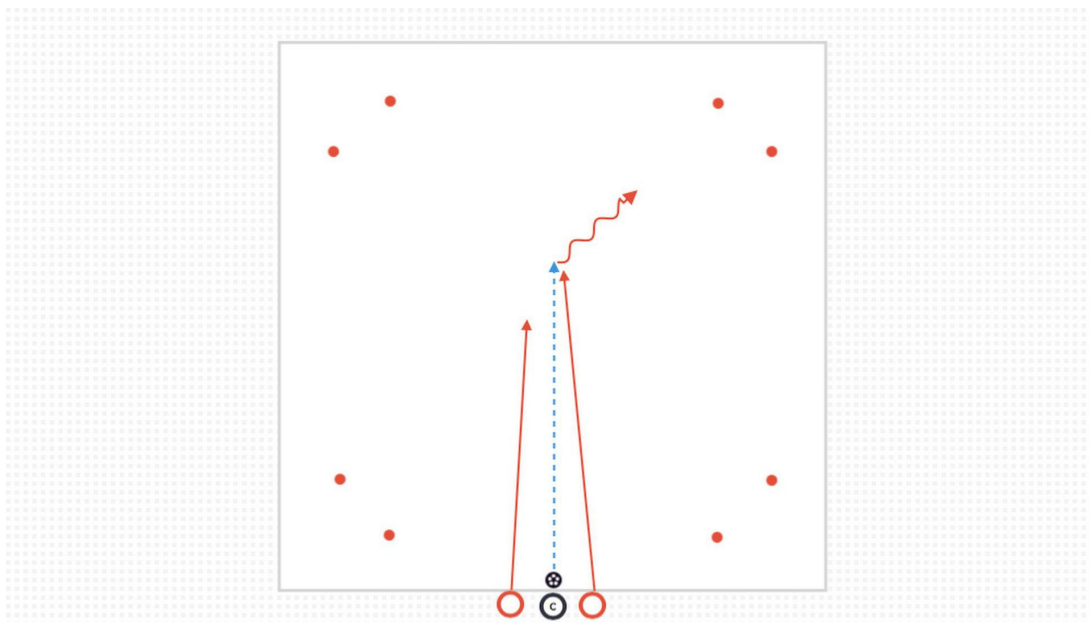
**Organization:** 1v1+2 in a grid suitable for the age and ability of the players. 6/7/8 players per grid.

**Instruction:** The two players in the middle play 1v1 against each other with the two target players at the end. They score points every time they play in to a different Target Player. The Target players play with possession. After 45 -60 seconds coach rotates all players 1 position (older groups can do this themselves).

**Video:** Minute 1:45. <https://www.youtube.com/watch?v=5MDR775Y2OY&index=2&list=PLmAGrtZA4juBYAR3WY0E-mG03fR0FPBqd&t=107s>

### **Coaching Points:**

- Look to achieve **Positional Superiority** as the receiver through **constant dismarking**.
- Try to **receive with purpose on the back foot** if possible to be able to penetrate forward.
  - Talk about the **when & why** of back foot vs front foot receiving.
- **Double movements** to unbalance the defender and receive the ball in **behind the defender**.
- If player can't receive cleanly and has to deal with pressure, then;
  - Turning and receiving under pressure.
  - Using 1v1 skills and turns (ankle breaking) to generate a half yard of space to open up a passing lane.



**Technical Activity:** 1v1 to 4 Gates

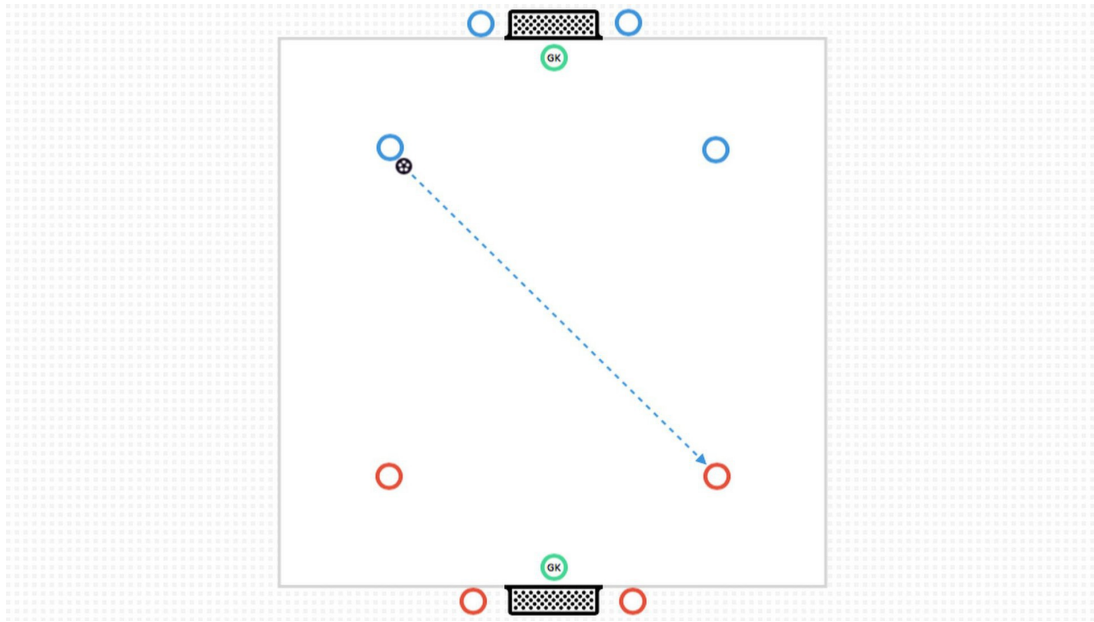
**Organization:** Grid to suit age and ability. 4 gates.

**Instruction:** Coach serves ball into the grid. As soon as the coach touches it, both players sprint to win the ball and then go 1v1 to any goal.

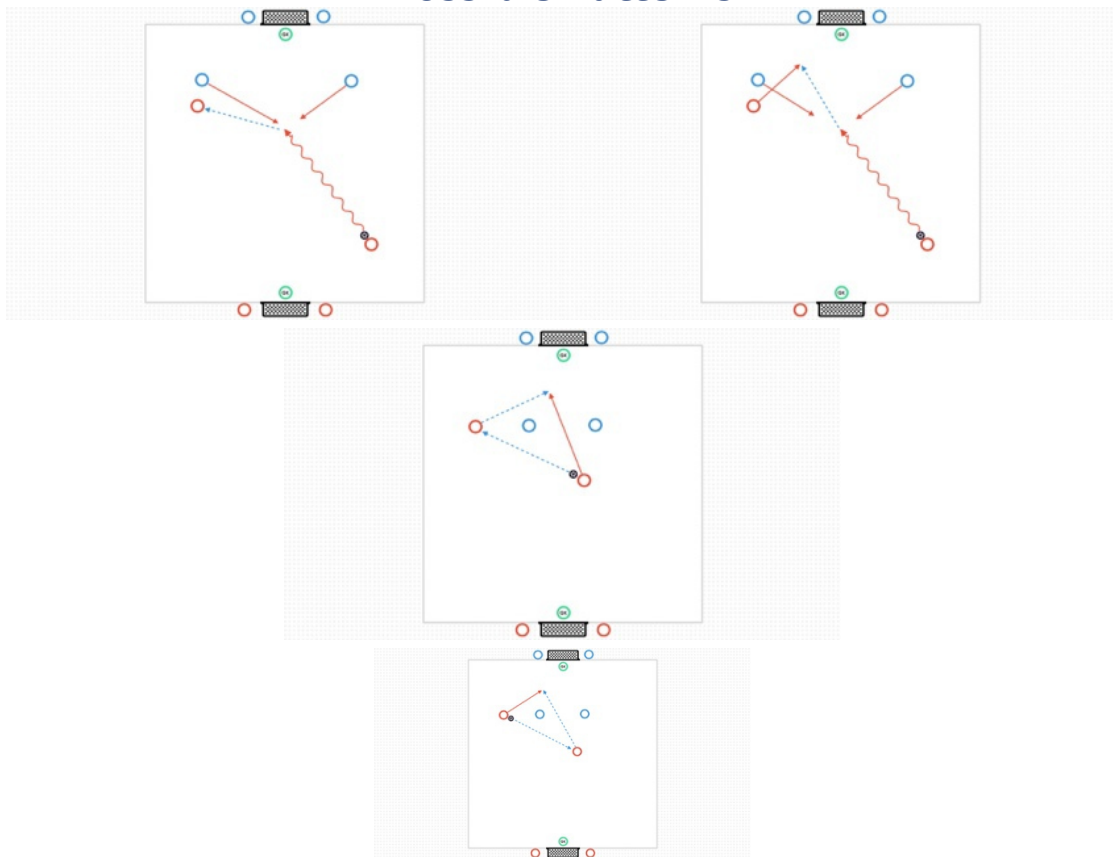
Goal is scored by dribbling the ball through the cones from the **back-side** to force the attacker to **generate more separation** between him and recovering defender, making it more difficult.

### Coaching Points

- **Exceptionally dynamic and fast paced game.** If it doesn't look like that, you're doing it wrong.
- **Recognize the open goals & defensive pressure** and make decisions accordingly.
- Use defender's **momentum** against them.
- Coach the **use of the arm** to shield the ball in tight situations.
- Coach the **transition**.
- Cuts, turns, changes of direction and changes of pace to beat defender (**break ankles**).



## Possible Patterns



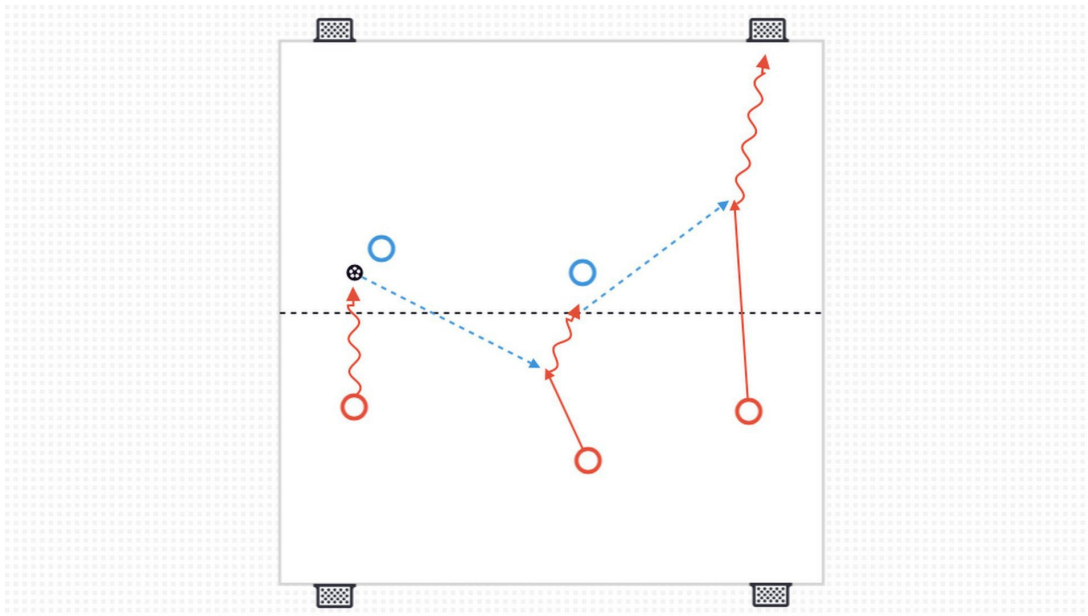
**Technical Activity:** 2v2 to Goal with Flying Changes.

**Organization:** 2 Goals. GKs.

**Instruction:** 2v2 to goal with Flying Changes.

**Coaching Points:** Take 60 seconds to model the above **solutions**.

- A good first touch to win the space from the defenders.
- Combination Play to goal;
  - Overlaps
  - Wide Play
  - Give and Goes
  - Through Balls
- Decision Making;
  - When to dribble v when to pass v when to shoot.
- Speed and efficiency;
  - Once a positional advantage has been gained, execute and take advantage of it quickly to prevent the defender from recovering.
- Shooting;
  - Quick, ruthless, efficient, low, hard and to the corners.



**Technical Activity:** 3v2 Flying Changes to Find the Free Man

**Organization:** Grid divided into two halves. 4 counter goals.

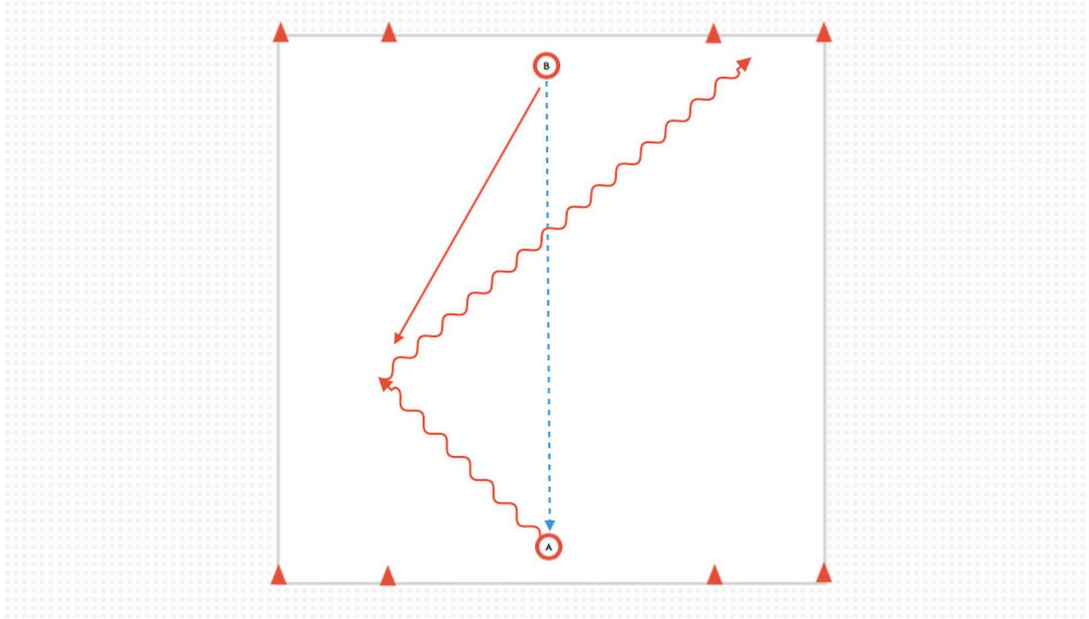
**Instruction:** The team of two defenders serves the ball to the team of three attackers who now play 3v2 to either of the two goals. If the defenders win the ball they can try to counter to the opposite two goals. Once the game is dead, it repeats from the other side with two different teams (always 3v2).

### **Coaching Points**

- First touch must set the players up for the subsequent attacking actions (**win the space from the defender**).
- Players must fix the offensive structure (**width & depth**) to avoid having a straight line in possession.
- **Shift the defense** around by **probing and circulating** the ball, drawing them in and trying to release the **Free Man**.
- If the player can't get through a gate before losing the ball, then **regain structure**, drop the ball backwards, **circulate** and look for another opening.

## **Session: Shooting and Finishing**





### Technical Activity: 1v1

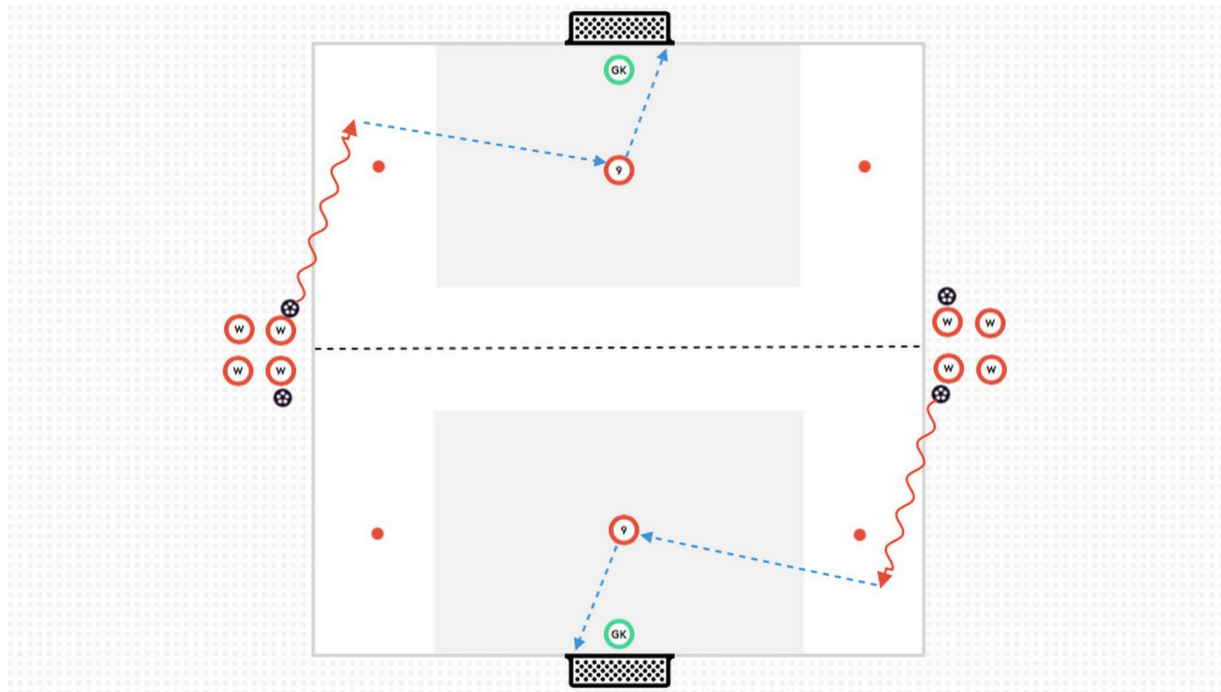
**Organization:** 4 'counter goals'.

**Instruction:** Player B serves to Player A who now go 1v1 against each other. Players change lines. Can add GKs and goals or can have the emphasis be on dribbling through gates to score.

### Coaching Points

- **Energetic, aggressive and fast paced game.**
- Good first touch to **win the space** from the defender (difficult to generate momentum from a standing start).
- **Unbalance the defender** with a feint, body movement, skill or acceleration.
  - **Speed kills.** It is easier to unbalance a defender when travelling at speed.
- Talk about the 3 Es (**Entry/Execution/Exit**);
  - Big Ronaldo touches to win the space (Entry).
  - Little Messi touches whilst engaging the defender to maintain control of the ball (Execution).
  - Big Ronaldo touches to put separation between you and defender (Exit).

- Take them on! Back yourself! Go at them! Be confident! Beat them!
- Coach both **transitional** moments.
- **Opposition Management** - coach the defender to be aggressive, win the space and use the touch line to help them.



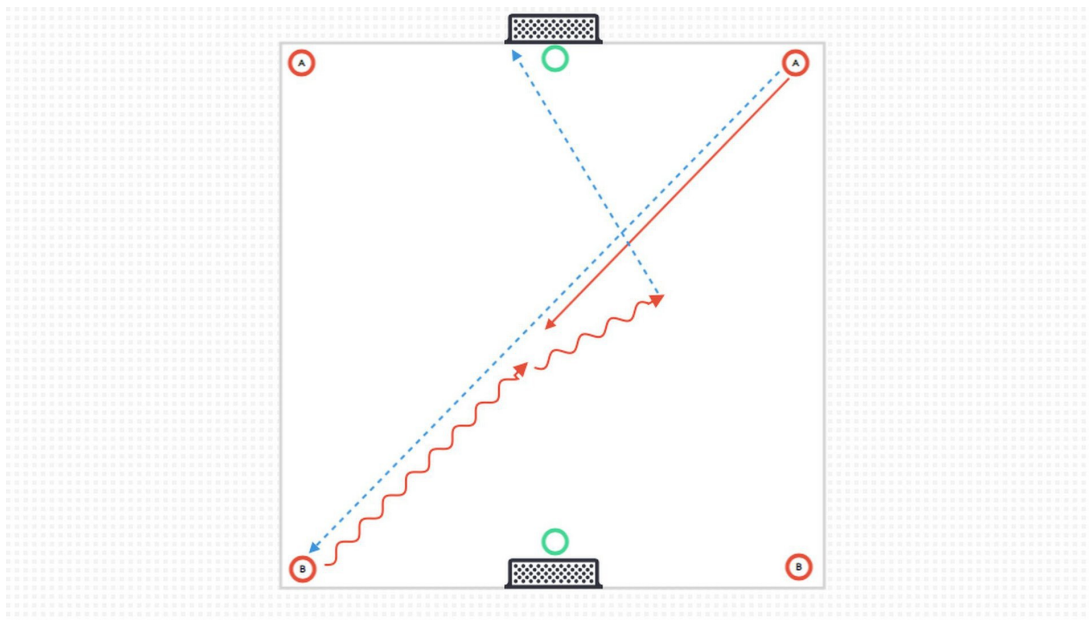
**Technical Activity:** Cutting the Ball back from Wide.

**Organization:** 2 Goals. GKs. Spare players on each station (as pictured) to provide a good work to rest ratio. Strikers. Can add defenders.

**Instruction:** Winger dribbles out and cuts the ball back to the striker to finish. Players grab their ball and join the back of the other line.

**Coaching Points:**

- Realistic/game temp dribble out and cut back.
- Fizz the cut back in to the player low and fast.
- Try and place the cut back pass into the striker's stride
- Movements of striker to disarm (if there is a defender)



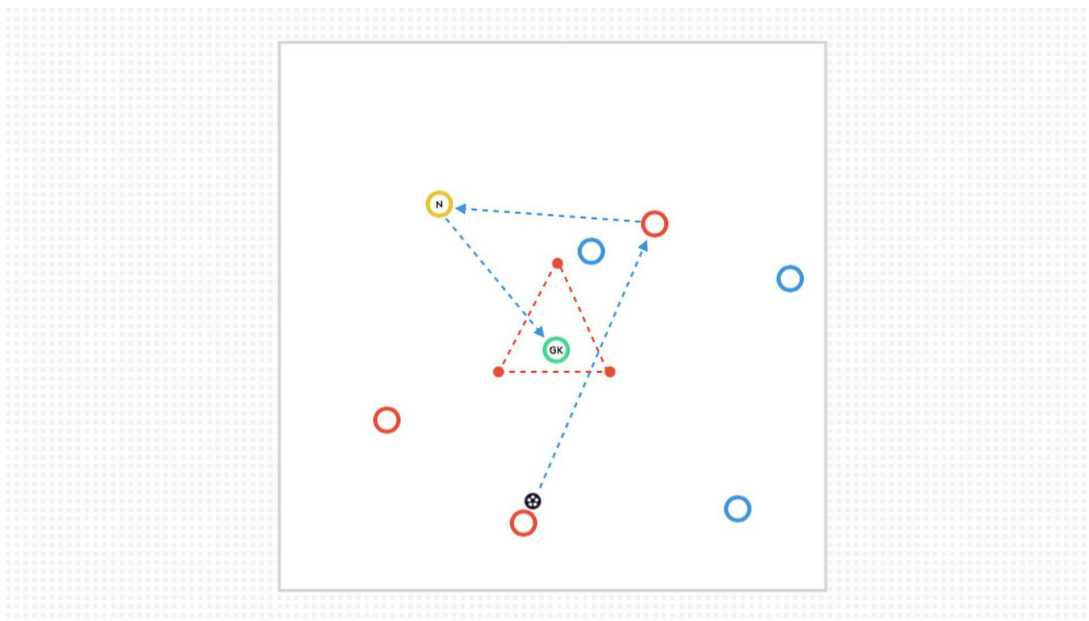
**Technical Activity:** 1v1 to Goal

**Organization:** 1v1 to goal. 2 big goals.

**Instruction:** Player A passes to Player B who then go 1v1 to goal. They then join the opposite lines. The other A & B then play. Repeat.

**Coaching Points**

- First pass should be big, fast and accurate to **test the player's touch**.
- First touch should **win the space from the defender**.
- **Speed Kills** -Beat the defender at speed;
  - Very **hard to generate momentum from a slow or standing start**.
- **Shoulder feint or similar move** to open up a shooting opportunity.
- **Control the ball** when beating the defender to set you up for the shot quickly.
  - The **advantage is lost** if the attacker has to chase the ball before he can shoot.
- **Finish hard, low and into the corners** (don't just aim generally in the direction of the goal).



### **Technical Activity:** Triangle Shooting Game

**Organization:** Goal made of 3 cones. Multiple grids playing at the same time (small numbers).

**Instruction:** Red v Blue + Neutrals. The ball is not dead just because it passes through the goal. The game doesn't stop. Very

aggressive and fast paced game.

**Coaching Points:**

- Get as many shots on goal as possible.